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THINK OUTSIDE THE (LUNCH) BOX {page 32}

BACK TO PANDORA
EVEN MORE AVATAR
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G20 avalanche at local court

Charges dropped against two photographers ◐ Lawyers says charges shouldn't have been laid in the first place ◐ Activists call for all G20 charges to be dropped

RENE JOHNSTON/TORSTAR NEWS SERVICE

▶ Natalie Gray was a G20 protester who was arrested and allegedly shot by a rubber bullet. The charges against her were dropped yesterday at a bail hearing where more than 300 people appeared before the court at 2201 Finch St. W.

Hundreds of people facing G20-related charges flooded a local courthouse for co-ordinated appearances yesterday, though several showed up only to find their charges were withdrawn.

Police say with 303 people scheduled to appear it was one of the largest mass court appearances the city has ever seen.

The hundreds of accused were spread over three small courtrooms, where they crammed onto benches, but there were still long lineups snaking through the hallways as people waited to be called.

"I'm surprised they dropped the charges, but I didn't really do anything anyways."
ROBERT GAMBLE, WHOSE CHARGE WAS DROPPED

Once people were before the court their cases were dealt with briskly in one courtroom, but much slower in another. Many were adjourned to dates in September and October, and other appearances were quickly over with one word from the Crown attorney: "Withdrawn."

Robert Gamble, who had his disturbing the peace charge dropped, said he shouldn't have been charged at all.

Gamble said he was arrested June 27 outside a friend's house in downtown Toronto after yelling, "Arrest the war criminals. Investigate 9-11," at a group of passing police officers.

"I'm upset that it was laid in the first place," he said. THE CANADIAN PRESS

Metro Wellness

The best revenge is living well

The many benefits of a good holiday ◐ Making the most of the year's prime time for fresh foods ◐ Study says eat less red meat, and more {pages 29-31}

Taking a trip to Cougar Town

An old friend joins the set of hit TV series {page 28}

'We've got to pick ourselves up': TFC coach

Reds get ready for crucial Champions League clash in Panama tonight {page 44}

Makeover time for the TTC?

Panel offers dozens of transit recommendations {page 3}

Finally out of the Woods

A conclusive twist in Tiger's marriage drama {page 42}

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Report came from diverse group

The TTC Customer Service Advisory Board report was requested after relations between the TTC and some members of the public were becoming increasingly frayed.

Rider anger at the TTC and discourteous transit workers peaked last winter after pictures of a sleeping subway collector went viral on the Internet.

By then, transit riders were already irked by a New Year's fare increase, token hoarding and a rush hour service outage on the Yonge subway last November.

TTC officials apologized for the lacklustre attitude of some employees and in March appointed hotelier Steve O'Brien, who manages the One King West Hotel in Toronto, to lead a review of the TTC's customer service.

Along with nine other experts, ranging from WestJet executive Tyson Matheson to bus driver Robert Culling, the panel examined TTC practices and procedures ranging from its signage to its customer complaints process.

It also went out to talk to riders and employees across the transit system.

O'Brien has said repeatedly that the communications issues, both internal and external, identified by the panel, wouldn't surprise most TTC riders.

TORSTAR NEWS SERVICE

DAVID COOPER/TORSTAR NEWS SERVICE

▶ Steve O'Brien, chair of the TTC customer service advisory panel.

Extreme makeover, TTC edition?

Report in wake of PR issues suggests top-to-bottom changes

The TTC needs a makeover to rebrand poor customer service image and a senior executive in charge of reforming its corporate culture, says a sweeping report released yesterday.

Those recommendations are among 78 from an external customer service panel appointed in March.

The proposals range from platform screens to let riders know about service disruptions, to information kiosks where staff can field questions about routes and delays in busy stations.

While the report suggests the TTC has failed to remain current on best customer service practices, it says riders also have a role to play in ensuring the system works.

"Alarmingly, there seems to be a lack of respect for many of the operators.

"Operators are expected to act as a tour guide, policy enforcer, fare collector and custodian while providing information, directions and special assistance," says the report.

TORSTAR NEWS SERVICE

Customer service

- Among the recommendations: Information screens at station entrances; "sorry, bus full" signs; updated and clear maps; and multilingual touch-screen kiosks in stations to assist non-English speakers.
- Panellists recommend more customer-service training for new hires and more support for subway fare collectors. Training needs updating more frequently than the current three to five years, they say.

Read the full TTC report at metronews.ca/local

DAVID COOPER/TORSTAR NEWS SERVICE

▶ The TTC customer service advisory panel released their report and recommendations yesterday.

York gets Pan Am track events

High-profile track and field events during the 2015 Pan Am Games will be held at York University in Toronto after Hamilton lost its chance to host the events.

In a press release, Mamdouh Shoukir, York University president and vice-chancellor, said the university is "thrilled about this development."

The decision comes after Pan Am organizers decided last month to move the track events to Toronto from Hamilton for several reasons, including having the track venue closer to the athletes' village.

Ian Troop, CEO of the organizing committee for the Games, says the move had nothing to do with a squabble between Hamilton city council and the CFL's Tiger-Cats over the location of a stadium. On Aug. 12, Hamilton city council picked the downtown West Harbour site as its Pan Am venue, which will now be used only for soccer during the Games.

The stadium was to become the new home of the Ticats, but the team's owner pulled his support for the project.

THE CANADIAN PRESS

News in brief

Pedestrian identified

ACCIDENT. The teen struck and killed by a TTC bus Friday has been identified as Alex Gillespie, son of CBC radio reporter Bill Gillespie. The 17-year-old was leaving Woodbine Beach when he was hit by a bus travelling east on Lake Shore Boulevard.

THE CANADIAN PRESS

Great view, but bad idea

GARDINER. A pedestrian trying to snap some predawn photos of the downtown skyline while leaning on the rails of the Gardiner Expressway has been arrested. The man was released later with two tickets in hand.

THE CANADIAN PRESS

1 news

News on the move

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Italian canine lifeguards doggie-paddle to the rescue.

HST spiked prices more than expected

Newest inflation figures another summer hurdle for Ontario Liberals after backlash over eco fees, G20 laws

Ontario's embattled Liberals should be worried that families are feeling the pinch from the HST amid new figures that show it's having a big impact on consumer prices, opposition critics said yesterday. A recent report on inflation shows the government's rosy projections about the tax were off, said NDP Leader Andrea Horwath.

"At the end of the day, we end up still with consumers, regular families, feeling the pinch and paying the price," she said.

"I fear that (the government's) biggest concern is how it's going to affect them electorally, and that's the shame of it all."

Statistics Canada reported Friday that consumer prices in Ontario rose 2.9 per cent in July — the largest year-over-year hike among the provinces. It also found that the HST accounted for about 1.3 per cent of that increase.

Finance Minister Dwight Duncan said he wasn't taken aback by Friday's figures, which showed the HST pushed Canada's inflation rate up eight-tenths of a point last month to 1.8 per cent.

▶ NDP Leader Andrea Horwath

"Everybody knew this would happen, and over the course of the year, you'll see that that number tends to gravitate back to a lower level," Duncan said. "So there was no surprise."

Yet in his last budget, Duncan predicted Ontario's consumer price index in 2010 would be 1.9 per cent, the NDP pointed out.

There was some debate among economists about how far the HST would push up consumer prices, including some whose predictions were more in line with the Statistics Canada figures, Duncan said.

"I think most analysts are saying that inflation will pace downward through the balance of the year," he said.

In its report, Statistics Canada found Ontario consumers paid more for gasoline, electricity, auto insurance premiums and home renovation costs.

Higher electricity prices and more eco fees are also on the way for Ontario families, said Progressive Conservative critic Lisa MacLeod.

Many people, particularly seniors on fixed incomes, have curbed their spending because the cost of essential items keeps going up, she said.

THE CANADIAN PRESS

0.7%

Nearly a year ago, TD Bank predicted the HST would result in a permanent 0.7 per cent increase in Ontario's consumer price index in a report that was often cited by the government to justify the tax move.

TSX. Buskers

▶ Silver Elvis and The Twisted Ones (Debbie Stevens, Chris Stevens and Nicole Stevens).

JOHN R. KENNEDY/FOR METRO TORONTO

Taking their act to the trading floor

Some Toronto street performers were on hand to open trading at the Toronto Stock Exchange yesterday morning to raise awareness for the Scotiabank BuskerFest, which runs Thursday to Sunday around the St. Lawrence Market.

Google tests out email 'undo' button

Survey says...

- The company behind the survey, 72 Point, boasts "a news desk that takes daily calls from editors on the hunt for stories" and "journalists from the Sun, Daily Telegraph and women's magazines working in the same building."
- "Surveys" tagged onto press releases are a perfect feeder for the news cycle, 72 Point says. Each draws on its bank of paid responders modified for the best demographic bounce.
- Its market-research pollster, www.onepoll.com, offers pay and prizes to its roster of regular poll takers.

If you've ever sent an email and instantly regretted it, this is the button you've dreamed of.

Google Labs is testing an "undo" button on Gmail that gives you 30 seconds to stop an email from reaching your boss, your husband or your soon-to-be-former best friend.

Being a Google Labs feature, it comes with the caveat that it "may break at any time" or "disappear temporarily or permanently."

"Undo send" is one of a dozen or more experimental features Gmail users can try out by burrowing into the Settings page on the Gmail Labs website and enabling the feature.

The feature, which could also be called the "second thoughts" button, used to give you only five seconds to rewrite your personal history. Now you can tailor it to just how skittish you're feeling each day.

The new device comes on the heels of a "survey" by one PR company for another PR company for 20th Century Fox Home Entertainment U.K. to promote the release of the DVD of the TV movie Going Postal.

The survey, picked up by several newspapers in the U.K. and India and dozens of websites, contends that one in five people have made an embarrassing email gaffe at work, and one in 20 were reprimanded or fired for that blunder.

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Coffee lovers won't get rude awakening

Tims, Starbucks say price of joe will stay the same
But Folgers, Maxwell home brew prices boiling over

Two of Canada's biggest coffee chains say their customers won't pay more for their morning brew despite skyrocketing global bean prices.

Coffee futures are at their highest in nearly 13 years as supplies tighten due to weak harvests.

Wholesale prices have risen nearly 40 per cent so far this year as Colombia, the world's second largest Arabica bean grower, struggles with production.

Tim Hortons says it has no immediate plans to raise the price of a cup of coffee.

"Typically, Tim Hortons books its coffee contracts at least six months at a time, which protects our restaurant owners and customers from fluctuations in worldwide future markets," said David Morelli.

Last week, Starbucks Corp. warned of higher coffee prices, but said it would be able to absorb the costs because it has diversified coffee purchases into multiple regions.

But consumers should expect to pay more for a jolt of joe at home, with the price of both Folgers and Maxwell House brands on the rise. Smucker Foods said it will increase the list price across all its Folgers coffee offerings effective Oct. 25 by about 10 per cent. Kraft has also raised the price of its Maxwell House brand by about the same amount.

THE CANADIAN PRESS

Better brew

The U.S. Department of Agriculture predicts record harvests in Brazil and worldwide in 2010-11, which should replenish inventories.

- **Brazil** is the world's top coffee producer, followed by Vietnam and Colombia.
- **Colombia's** harvest are projected to be lower after crops have been affected by high temperatures and dry conditions.

Dip. Not too late

▶ Bill Saundercook, with water polo coaches Kirsten Saganowski and Christi Bardecki, takes one of the first plunges in the Sunnyside-Gus Ryder Pool that reopened yesterday.

VINCE TALOTTA/TORSTAR NEWS SERVICE

Sunnyside pool gets glimpse of summer

The popular Sunnyside-Gus Ryder Pool will be open for two weeks this summer after all. City staff had feared the lakeshore pool wouldn't be available this season after a flood destroyed equipment, including custom pool heaters. It will also be open for two weekends in September after Labour Day, weather permitting, relying on the sun and a small propane heater to warm the water.

2,000 The megawatts that will be taken out of the system by 2014 when the coal plants are shut down.

Safe to snuff coal?

Ontario will produce more power than it can use in the coming months, making it safe to shut down coal-fired plants, the IESO says. TORSTAR NEWS SERVICE

When Alice Chegal goes home to Cabbagetown tonight, a rogue CIA agent will be waiting for her.

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Despite lower deficit, Ont. debt hits record $212B

Report shows province's tax revenues were $6.4B below forecasts in 2009-10 Deficit reflects lagging impact of recession and weak economic performance

Ontario's deficit came in substantially less than forecast but the province's debt is now at a record $212 billion, a figure that had the opposition crying foul yesterday.

The Liberal government racked up a deficit of $19.3 billion in 2009-10, $2 billion less than forecast in the March budget.

Still, public accounts released yesterday show the province's debt grew by $35 billion to $212.1 billion, with the increase going mainly to financing the deficit.

Ontario's debt was $138.8 billion in 2003-04, the first full year in office for the Liberals.

Despite the red ink, Finance Minister Dwight Duncan cast the lower-than-expected deficit figure as a positive indicator for the future.

"Our deficit-to-GDP ratios and our deficit-to-revenue ratios are so much better than most of the western world, (which) I think is a good sign," Duncan said after the public accounts were released.

THE CANADIAN PRESS

▶ Ontario Finance Minister Dwight Duncan

"We've laid out an eight-year plan to balance the budget ... and this actually puts us in a solid position moving forward."

The opposition parties were not as impressed with the economic performance of the Liberal government.

"This deficit is putting us very close as we move forward for this government to double the cumulated debt in their term of office," said Progressive Conservative critic Garfield Dunlop.

"I don't really think that's good news for the citizens of the province of Ontario."

The New Democrats said Duncan shouldn't be taking credit for the lower-than-forecast deficit figure.

"I mean he's cut back money to hospitals, he's cut back money to people on welfare with the special diet allowance, and the Big Three auto companies have paid back some of the loan that I don't think he was planning on getting," said NDP critic Michael Prue.

"I don't think it's anything he did."

THE CANADIAN PRESS

Province mum on mistaken releases

At least 143 prisoners were mistakenly allowed to walk out of Ontario correctional facilities over the last eight years.

Among the important details removed from documents produced by the province are the names of the mistakenly released prisoners, the names of the institutions they were released from, and facts about why the releases happened. The Ministry of Community Safety and Correctional Services said the disclosure of prisoners' names would have violated privacy laws.

TORSTAR NEWS SERVICE

16 The reports were produced 16 months after the Toronto Star filed a freedom of information request for the "incident reports" corrections employees must produce after each mistaken release.

CNE. Prize

▶ Angelo Malfara, 19, of Toronto, holds onto the legs of a large stuffed animal outside a midway game. Malfara, who appears to be holding it up, is leaning on it with his hands up as he waits for some friends.

RICK MADONIK/TORSTAR NEWS SERVICE

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Pageant. Miss India-Canada

▶ Miss India-Canada 2010, Anchal Sharma of Richmond Hill, receives her crown from last year's winner, Aanchal Dogral.

M. SAGOO/FOR METRO TORONTO

Richmond Hill native crowned

Anchal Sharma won the Miss India-Canada title, beating 15 other finalists at the weekend pageant held at the DoubleTree by Hilton Hotel in Toronto.

Warden bit in camping altercation

A noise complaint at an Ontario provincial park culminated in a park warden having her finger bitten and criminal charges laid against a camper, police said yesterday.

While investigating the complaint Saturday night at Sibbald Point Provincial Park, about 90 kilometres north of Toronto, a warden arrested a man after she was allegedly struck, said Sgt. Dave Woodford.

The man continued to struggle as the two wardens tried to restrain him in handcuffs and, as he pulled away, he allegedly bit the same warden he is accused of hitting. The suspect was handcuffed and placed in back of the park vehicle, and police arrived to assist. Stanley Belanger, 52, of Toronto is charged with assault and assault with intent to resist arrest.

THE CANADIAN PRESS

"(The warden) was bit in the finger."

SGT. DAVE WOODFORD

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Water before meals for weight loss: Study

Researchers studied two groups of dieters Group that drank water before meals lost 15.5 pounds over two weeks, other group lost 11 pounds

Too much water

- The study's senior author noted that consumption of too much water can cause problems.
- The Institute of Medicine in the U.S. recommends that adults drink about nine to 13 cups a day of total fluids just to prevent dehydration.
- The institute says reports of acute water intoxication have surfaced, according to the author, but they are rare.
- Low sodium can also result from drinking large amounts of fluids.

It's long been suggested that drinking water can help with weight loss, but now a scientific study lends some credence to the claim.

Researchers presented a paper yesterday at the American Chemical Society conference in Boston on a randomized controlled trial involving obese people aged 55 to 75 who were put on a diet.

One group drank two cups of water before their meals, and the other group did not.

Over a 12-week period, the water drinkers lost about 15.5 pounds, while the other group lost about 11 pounds.

The study's senior author, Brenda Davy of Virginia Tech, says the participants were followed up for another year as they continued their weight-loss efforts to see if they could keep the pounds off.

She says the water-drinking group appeared to do a little bit better.

"A very simple message is that in the U.S., we consume about 450 calories from beverages each day," Davy said. "So this might be a very simple strategy to cut back on calories by replacing some of the sugar-sweetened beverages we often consume with water. And as part of a weight-loss effort, drinking more water may help individuals be even more successful."

Davy said participants did not report any problems handling two cups of water prior to their meals.

"In fact, during the weight-loss study, many of the participants remarked to us that they felt like their mind was clear, they were thinking a lot better, those types of sort of subjective reports of benefits with the water consumption," she said.

"We did study hunger and fullness, and we did find that after the water consumption, our participants reported feeling a little more full and a little less hungry, which may have facilitated them eating less." THE CANADIAN PRESS

Class. In session

Children ride bicycles on their way to school on the first school day yesterday in Berlin, Germany.

SEAN GALLUP/GETTY IMAGES

Crack the books in Berlin

Many German school districts, including those in Berlin, are reducing the school time span to 12 years from 13 as part of a nationwide set of primary and secondary school reforms.

Harper touts long-term Arctic development

SEAN KILPATRICK/THE CANADIAN PRESS

Prime Minister Stephen Harper announces the government is spending $13.4 million on upgrades for the Churchill, Man., airport.

As Prime Minister Stephen Harper began five days of flying the Maple Leaf over the Arctic, one of Canada's rivals for a stake in the North revealed it's been floating its own ideas.

A Danish cruise ship dropped off a pack of tourists on the hotly-contest Hans Island earlier this month.

Sixty-four Danish passengers went ashore on the island between Ellsmere Island and Greenland and erected a cairn with Greenlandic and Danish flags on top, Ritzau News Service reported.

Canada and Denmark both claim ownership of the 1.3-square-kilometre territory. The Harper government's recently released Arctic foreign policy statement said negotiations, not posturing, would be the key to solving the dispute.

A group of tourists won't change that, Harper said.

"Hans Island is a one-kilometre-square rock in the middle of the Arctic Ocean, so I'm not sure it would have made for much of a tour," Harper told reporters at his stop in Churchill, Man.

While a tiny tour group may seem chump change in the economic and political wagers that are at stake in the Arctic, it was a lighthearted reminder that Canada's Northern claim isn't uncontested.

"We have bigger fish to fry in terms of the long-term economic development of the North," he said. THE CANADIAN PRESS

Governor General visits Sask.

Gov. Gen. Michaëlle Jean arrived in Saskatchewan to cloudy skies, but it did not dampen her the enthusiasm during her farewell tour of the province.

Jean told about 90 people at a luncheon in Regina there are many exciting things happening as well as a sense of solidarity and openness that characterizes the province. THE CANADIAN PRESS

Farewell tour

- **Today** Michaëlle Jean is to help celebrate the 50th anniversary of the Bill of Rights and then visit with aboriginal groups in La Ronge and Regina.
- **Tomorrow** she is to meet with Premier Greg Selinger.

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President of Pakistan defends flood response

In Shadad Kot, Sindh, 2.7-metre-high flood waters pressure levees as workers try to stay on top of leaks

THE ASSOCIATED PRESS

▶ President Asif Ali Zardari

Pakistan's president defended the government's much-criticized response to the country's record-breaking flood crisis as emergency workers worked frantically yesterday to shore up a system of levees protecting two southern cities.

President Asif Ali Zardari said anger at the government in the coming months is inevitable given the scale of the disaster, comparing it to the anti-government sentiment generated by the aftermath of Hurricane Katrina in the United States.

"There will be discontent, there is no way any nation, even a superpower … can bring the same level of satisfaction that will be close to the expectations of the people," Zardari said in an interview with a small group of foreign reporters in the capital, Islamabad.

Still, he defended his handling of the crisis and said the government "had functioned to its fullest capacity."

The widespread misery of the floods has triggered speculation of social unrest, food riots or even a challenge to the government's rule before its term ends in 2013.

"Anybody can lose the coming election and some other political force can win," he said, adding that he still thought his Pakistan's Peoples Party would emerge victorious.

THE ASSOCIATED PRESS

Somalia. Food aid

▶ Displaced women and children wait to receive food donated by the World Food Program (WFP) in Mogadishu,Somalia, yesterday.

MOHAMED SHEIKH NOR/THE ASSOCIATED PRESS

Rains help the hungry

The UN's Food and Agriculture Organization says strong rains have cut the number of hungry people in Somalia by 25 per cent, but that an estimated 2 million in the country still need food aid.

3 bombings in northern Pakistan

Three bomb attacks in northwest Pakistan — two in tribal regions near the Afghan border and a third near the region's main city of Peshawar — killed at least 36 people yesterday, officials and a witness said.

Three suspected U.S. missiles fired from an unmanned aircraft struck a house near Miran Shah in North Waziristan, killing nine alleged militants, officials said.

The blast on the outskirts of Peshawar killed the leader of an anti-Taliban militia.

THE ASSOCIATED PRESS

After the flood

South Waziristan was affected by the floods.

▶ The deadliest blast was a suicide attack at a mosque inside a religious school in South Waziristan that killed 26 people and injured 40 more, an intelligence official said.

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Miners' lifeline extended

Former U.S. official says survival after 17 days is very unusual, but miners should emerge physically fine

JOSE MANUEL DE LA MAZA/THE ASSOCIATED PRESS

▶ "Today, all of Chile is crying with excitement and joy," Chilean President Sebastian Pinera, right, said Sunday at the site of a mine accident. Here, Pinera watches a video of the trapped miners.

Engineers reinforced a lifeline yesterday to 33 miners entombed deep inside a Chilean gold and copper mine, preparing to keep them supplied with food, water, medicine and communications during the four months it may take to carve a tunnel wide enough to pull them out.

A team of doctors and psychiatric experts also arrived yesterday at the remote mine, implementing a plan to maintain the miners' sanity as well.

"We need to urgently establish what psychological situation they are in. They need to understand what we know up here at the surface, that it will take many weeks for them to reach the light," Health Minister Jaime Manalich explained.

Engineers worked through the night to reinforce the 15-centimetre bore-hole that broke through to the miners' refuge Sunday, more than 688 metres below the surface.

Using a long hose, they coated the walls with a metallic gel to decrease the risk of more rock falls in the unstable mine and make it easier to pass material in capsules nicknamed "palomas," or doves.

The first capsules — which take about an hour to descend from the surface — will include water and food in the form of a high-energy glucose gel to miners who have almost certainly lost significant weight since they were trapped with limited food supplies Aug. 5.

Also being sent down are questionnaires to determine each miner's condition, along with medicine and small microphones to enable them to speak with their families during their long wait.

Rescue leader Andre Sougarret said the communications equipment could begin working within hours, and officials were organizing the families into small groups to make their talks as orderly as possible.

THE ASSOCIATED PRESS

Rescue efforts

- An enormous machine with diamond-tipped drills capable of carving a person-sized tunnel through solid rock at a velocity of 20 metres per day was on its way yesterday to the San Jose gold and copper mine outside Copiapo in north-central Chile.
- Engineers also were boring two more narrow shafts to the trapped men to ensure their lifelines would remain intact while the larger tunnel is being carved.

Study shows economists oppose cut to census

A new survey suggests business economists are overwhelmingly opposed to the government's decision to scrap the long-form census.

The Canadian Association for Business Economics says 74 per cent of its members think it's bad policy to replace the obligatory long census with a voluntary survey. Seventy-one per cent anticipate the quality of data will be poorer than that from the compulsory census.

The CABE released the survey results on the opening day of its summer conference, which is to be addressed today by former chief statistician Munir Sheikh, who quit Statistics Canada last month.

THE CANADIAN PRESS

76

76 per cent believe the change will negatively affect the analysis done by their group or organization. Almost 60 per cent expect they will have to develop alternative, sources of data.

News in brief

Ministers vow co-operation

RABAT. The interior ministers of Spain and Morocco pledged yesterday to co-operate more closely on security during talks that sought to ease a flare-up of tensions centring on a small Spanish enclave in North Africa. Discussions also focused on illegal immigration, drug trafficking and terrorism.

THE ASSOCIATED PRESS

SeaWorld fined for violations

ORLANDO. The federal job safety agency fined SeaWorld Orlando $75,000 yesterday for violations uncovered while investigating the February death of a trainer who was grabbed by a killer whale and dragged underwater. The most serious violation was deemed to be "wilful," or showing indifference or intentional disregard for safety. That citation, carrying a $70,000 penalty, was for exposing workers to drowning hazards when interacting with killer whales.

THE ASSOCIATED PRESS

Kidnapping victims freed

OUAGADOUGOU. Two Spanish nationals kidnapped nearly nine months ago by an al-Qaida-linked group stepped out of a helicopter to freedom in Burkina Faso's capital yesterday. Roque Pascual and Albert Vilalta walked out of the chopper wearing polo shirts and khaki pants. One of them — believed to be Vilalta, who suffered bullet wounds to his leg during the kidnapping — was holding a cane.

THE ASSOCIATED PRESS

270 charged in highway blitz

ALBERTA. An RCMP crackdown has netted more than 270 speeders on a notorious stretch of highway near Fort McMurray. Police say an enforcement blitz on Highway 63 netted 274 speeders — some of them travelling at least 50 kilometres more than the limit.

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DAVE CHIDLEY/THE CANADIAN PRESS

▶ Police detour traffic around the scene of a coach bus accident on Highway 401 in Woodstock, Ont., on Sunday.

Woman dies in crash

Husband remains in hospital with injuries sustained in earlier crash
Police take couple's three daughters to London, Ont. to visit their dad

Three people remain in hospital following a fatal bus crash involving firefighters travelling home after an earlier crash.

Darlene Goodfellow, the wife of one of Napanee, Ont.'s volunteer firefighters, was killed in the second crash early Sunday.

Napanee Mayor Gordon Schermerhorn says there's still no information on what caused the crash early Sunday. The chartered bus that crashed was taking the town's firefighters and family members home from Windsor, Ont.

Schermerhorn says funeral arrangements have not yet been made for Goodfellow. THE CANADIAN PRESS

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East Congo shaken by rape of 200 women

Between 200 to 400 Rwandan and Congolese rebels gang-raped nearly 200 women and some young boys over four days within miles of a UN peacekeepers' base in an eastern Congo mining district, an aid worker said yesterday.

Will F. Cragin of the International Medical Corps said aid workers knew rebels had occupied Luvungi town and surrounding villages in eastern Congo the day after the attack began on July 30.

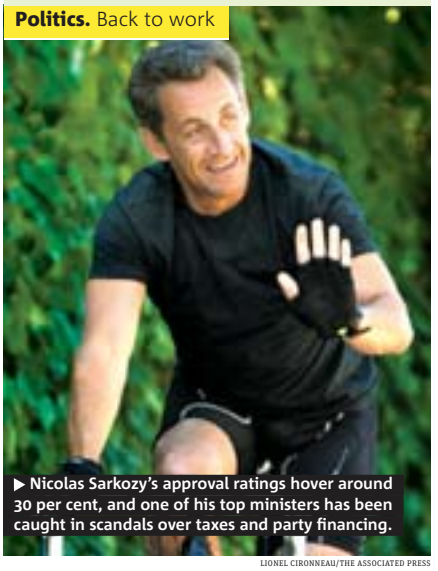
Congo's army and UN peacekeepers have been unable to defeat the many rebel groups responsible for the long drawn-out conflict in eastern Congo, which is fueled by the area's massive mineral reserves. THE ASSOCIATED PRESS

Weapon of war

Rape has become shockingly commonplace in the Congo, where 8,300 rapes were reported last year.

- **Systematic rape.** Health workers have treated 179 women, but the number raped could be much higher as terrified civilians are still hiding.
- **Investigating atrocities.** Survivors said attackers were from Rwandan rebel group FDLR, with Congolese Mai-Mai rebels.

Politics. Back to work



▶ Nicolas Sarkozy's approval ratings hover around 30 per cent, and one of his top ministers has been caught in scandals over taxes and party financing.

LIONEL CIRONNEAU/THE ASSOCIATED PRESS

Holiday over for France's president as he faces criticism over cost-cutting measures

France's President Nicolas Sarkozy cycled during his holidays at Domaine du Cap Negre in France. When he returns from his Riviera beach vacation this week, it will be a swift return to reality: He will have to answer to criticism about France's crackdown on Gypsies, and to street protesters over plans to raise the retirement age.

Israel torn on settlement freeze

With peace talks about to get underway, government faces difficult choice Global pressure on Israel to continue freeze on construction

Sore point

The roughly 120 Jewish settlements that dot the West Bank have long been a sore point in Mideast peacemaking.

- The Palestinians say the settlements, now home to roughly 300,000 Israelis interspersed among some 2.4 million Palestinians, are gobbling up land they claim for a future state. The international community considers them illegal, and U.S. President Barack Obama has been an outspoken critic.
- Under intense pressure, Netanyahu imposed the slowdown last year to draw the Palestinians to the negotiating table.

Even before peace talks with the Palestinians begin, Israel's government is fiercely debating a key concession: Whether to extend a slowdown of West Bank settlement construction.

Israeli officials confirmed yesterday that the government is in quiet talks with the United States in search of a "creative" solution that will allow at least some limited construction to take place after Israel's 10-month moratorium ends on Sept. 26.

The officials said Prime Minister Benjamin Netanyahu is well aware of the high stakes.

Caving in to U.S. and Palestinian pressure to extend the freeze could bring down the conservative Israeli governing coalition. But resuming settlement construction could spell disaster for the fledgling peace talks.

"Many options are being discussed. It's not that simple," said Foreign Ministry spokesman Yigal Palmor.

Palestinian officials said yesterday that President Mahmoud Abbas had sent a letter to the U.S threatening to withdraw from the negotiations, which are set to begin next week in Washington, if the settlement freeze ends.

"If Israel resumes settlement activities in the Palestinian territories, including east Jerusalem, we cannot continue negotiations," Palestinian negotiator Saeb Erekat said, quoting from the letter. He said the document also was sent to other members of the "Quartet" of Mideast mediators, the EU, UN and Russia.

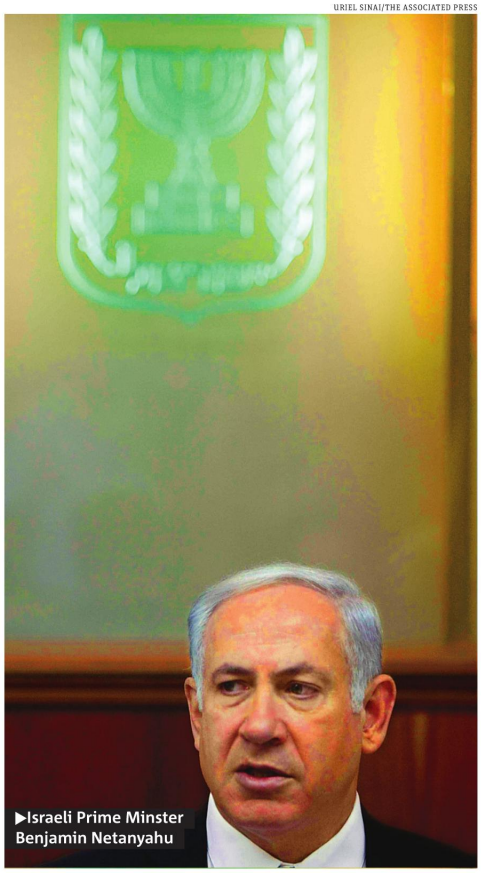
Dan Meridor, one of the more moderate members of the Cabinet, told Israel TV yesterday that he believes construction should resume only in areas that are sure to remain under Israeli control in a peace deal.

"There is no logic in building in territory intended for the Palestinian state," he said.

"By the same reason, there is no logic not to build in territories that will be inside Israel."

THE ASSOCIATED PRESS

URIEL SINAI/THE ASSOCIATED PRESS



▶Israeli Prime Minster Benjamin Netanyahu

Minister takes the fall for theft of Van Gogh

Egypt's top prosecutor ordered yesterday the detention of the deputy culture minister for four days in connection to the theft of a Vincent van Gogh painting, the state owned news agency reported.

Thieves made off with the canvas, known by the titles of Poppy Flowers and Vase with Flowers, on Saturday from the Mahmoud Khalil Museum in Cairo.

None of the museum's alarms and only seven of 43 surveillance cameras were working at the time of the robbery. No formal charges have been filed.

Mohsen Shalaan, according to the investigation, "neglected his duties and didn't improve lax security measures by replacing the broken cameras and alarms."

THE ASSOCIATED PRESS

THE ASSOCIATED PRESS PHOTO

▶ The Vincent van Gogh painting known as Poppy Flowers or Vase with Flowers.

Dino bones found in Edmonton

Workers digging a sewer tunnel in Edmonton have unearthed the bones of two species of dinosaurs, including one similar to the Tyrannosaurus rex. The workers were hand-tunneling last week when they found the fossils. Experts from the Royal Tyrell Museum and the University of Alberta believe the bones are from the Albertosaurus and the Edmontosaurus.

THE CANADIAN PRESS

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Albertosaurus was a smaller cousin of the carnivorous T.-Rex that roamed the Earth about 75 million years ago in what is now Alberta.

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BP grilled over oil spill

Rig manager acknowledges 2009 safety audit was 'not complete'

U.S. federal investigators seeking the cause of the rig explosion that led to BP's massive Gulf oil spill focused yesterday on communication and chain of command, wondering at times whether key players knew enough.

They also questioned whether a piece of failed equipment designed to prevent the disaster was inspected on schedule.

THE ASSOCIATED PRESS

Testimony

- Neil Cramond, who oversees BP's marine operations in the Gulf, acknowledged he rarely had contact with Paul Johnson, who managed the rig for owner Transocean Ltd.
- Cramond also testified that captains of rigs are ultimately responsible for crew safety and environmental matters.

Africa. Donation

▶ Zimbabwean children attend the donation ceremony.

THE ASSOCIATED PRESS

South Korea gives a gift

South Korea Ambassador Vae-hack Oh handed over a donation of thousands of library books and computers to Zimbabwean Prime Minister Morgan Tsvangirai yesterday at a ceremony in Harare.

Accused murderer pleads not guilty

THE ASSOCIATED PRESS

▶ Lonnie Franklin Jr.

The backyard mechanic accused of being the "Grim Sleeper" serial killer pleaded not guilty yesterday to murdering 10 women and trying to kill one more person over the course of two decades.

An attorney entered the pleas for Lonnie Franklin Jr., who did not speak during his arraignment in Superior Court.

Franklin, 57, appeared in court dressed in an orange prison jumpsuit.

He is accused of killing the women during two periods from 1985-88 and from 2002-07. The 14-year pause led to the nickname "Grim Sleeper."

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Vouchers to help feed Haitians

135 The vouchers will be honoured by 135 vendors in the Central Plateau and Lower Artibonite regions.

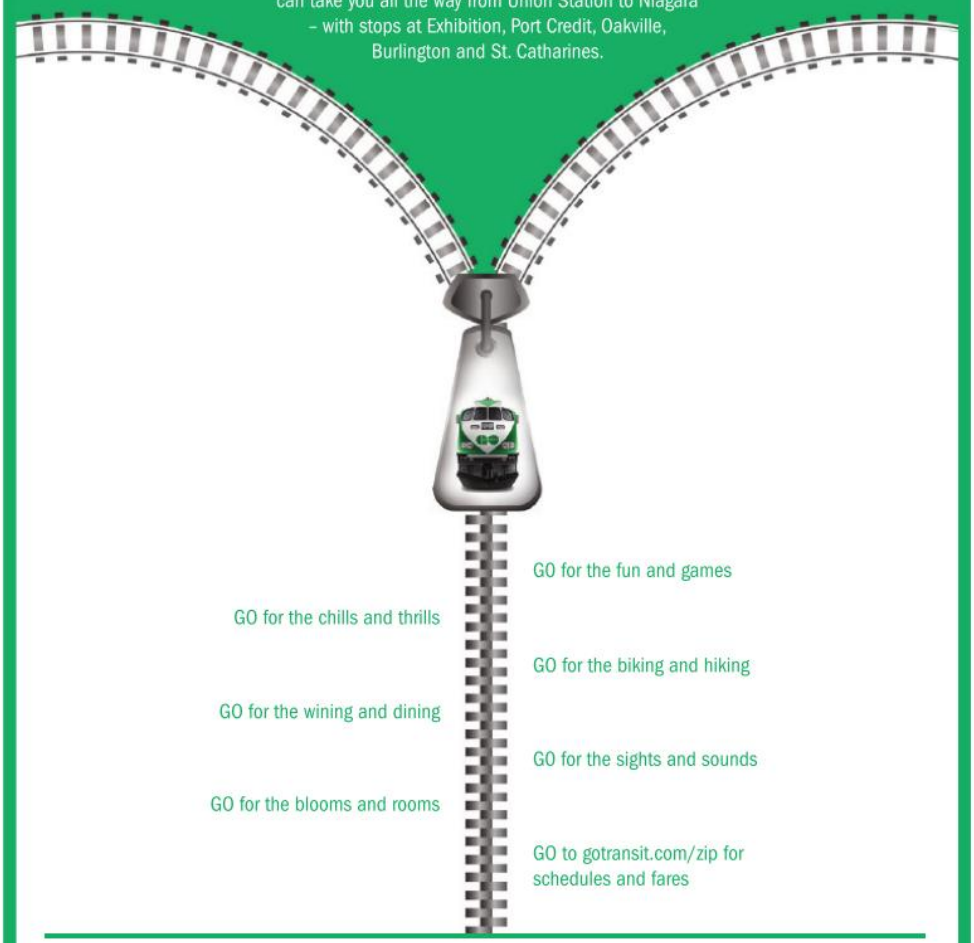
Hundreds of thousands of Haitians affected by January's earthquake are expected to obtain work and food through programs funded by $47.5 million in foreign grants.

An estimated 100,000 households will receive food vouchers for about $40 each month through next March. Each voucher is enough to purchase 20 kilograms of rice, 40 kilograms of red beans and 3.8 litres of cooking oil, said the U.S. Agency for International Development, which recently awarded the grants.

THE ASSOCIATED PRESS

Zip down to Niagara this weekend

Friday evenings, weekends and holidays until September 26, the GO Train can take you all the way from Union Station to Niagara – with stops at Exhibition, Port Credit, Oakville, Burlington and St. Catharines.



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Patient charter to boost Health Act: Advocate

The CMA, which is meeting in Niagara, Ont., is urging the public to support its patient-care charter

VICTORIA AROCHO/THE CANADIAN PRESS

▶ Durhane Wong-Reiger

One of the country's best-known patient advocates says she welcomes the creation of a charter for patient-centred care by Canada's doctors.

Durhane Wong-Reiger told the annual meeting of the Canadian Medical Association yesterday that patients want to work with their physicians to improve the health-care system.

Wong-Reiger played a major role in advocating for patients who became infected with HIV or hepatitis C as a result of tainted blood in the late 1980s.

She says Canadians believe that doctors want to work on their behalf, but patients also have a responsibility to manage their health.

Wong-Reiger says the charter is more than just "good words," but a promise to strengthen the principles of the Canada Health Act to provide affordable, timely and universally accessible care.

THE CANADIAN PRESS

Driving spree lands juvenile in hot water

A 12-year-old boy had permission to drive the family pickup truck to the end of the driveway to unload trash, but he kept going until he was stopped nearly 160 kilometres away.

The Clackamas County sheriff's office says it received a call from the boy's mother reporting the boy and the pickup missing from their home in Damascus, Ore., near Portland.

Detective Jim Strovink says the case will be referred to juvenile authorities for possible prosecution.

THE ASSOCIATED PRESS

160

The number of kilometres driven before the eager 12-year-old driver, who took off in the family pickup truck, was stopped by a sheriff's deputy.

▶ The crisis began when dismissed policeman, Rolando Mendoza, 55, seized busload of tourists.

HOSTAGE-TAKER OPENS FIRE ON TOURISTS

A 12-hour hostage drama aboard a Philippine bus ended in bloodshed yesterday, with at least seven Chinese tourists dead along with the disgruntled ex-policeman who hijacked the vehicle and demanded his job back, officials said.

At least six captives survived, four of whom were seen crawling out the back door of the bus after Philippine police stormed it yesterday evening when the hostage-taker started shooting at the 15 Chinese tourists inside, said police Senior Superintendent Nelson Yabut.

He said the hostage-taker was killed with a sniper shot to the head after he wounded a police sharpshooter.

Ambulances were lined up next to the vehicle after the standoff ended. Local hospitals reported seven bodies of hostages were brought in. One other hostage was hospitalized in critical condition, and five others were unharmed. Officials have yet to disclose the fate of two others. THE ASSOCIATED PRESS

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SARNIA POOL TRAGEDY

Boy, 6, drowns in backyard

Police in Sarnia say a six-year-old boy from the Niagara region is the province's latest drowning victim.

The child drowned in the backyard pool of a Sarnia residence Saturday evening. The child, whose name will not be released, was visiting with family.

Resuscitation efforts were made at the scene and on the way to hospital, where the child was pronounced dead.

More than a dozen people have drowned in Ontario this summer — a number that has prompted the office of Ontario's chief coroner to launch a review.

Dr. Bert Lauwers said in July the aim is to see if there are common factors in the drownings and make recommendations to prevent similar deaths. THE CANADIAN PRESS

Whale upends boat in N.B.

RCMP say five people had to be rescued Saturday after they were thrown overboard into the Atlantic Ocean by a whale that went under their small boat off New Brunswick.

Two of the boaters were taken to hospital in St. Stephen, N.B., for non-life-threatening injuries.

THE CANADIAN PRESS

The newest fad: Toss your shoes

Scan the code for the story.
See page 3 to learn how to scan.

Wind and rain topple the Anne Frank Tree

PETER DEJONG/THE ASSOCIATED PRESS FILE

▶ Planting a seedling of the Anne Frank Tree on the outskirts of Amsterdam last December.

Steel support system, installed two years ago on tree's trunk, failed

The monumental chestnut tree that cheered Anne Frank while she was in hiding from the Nazis was toppled by wind and heavy rain yesterday.

The once mighty tree, now diseased and rotted through the trunk, snapped about one metre above ground and crashed across several gardens.

It damaged a brick wall and several sheds, but nearby buildings — including the Anne Frank House museum — escaped unscathed. No one was injured, a museum spokeswoman said.

A global campaign to save the chestnut, widely known as The Anne Frank Tree, was launched in 2007 after city officials deemed it a safety hazard and ordered it felled. The tree was granted a last-minute reprieve after a battle in court. The 150-year-old tree suffered from fungus and moths that had caused more than half of its trunk to rot.

"Someone yelled, 'It's falling. The tree is falling,' and then you heard it go down ... Luckily no one was hurt."
MAATJE MOSTART, MUSEUM SPOKESWOMAN

The Netherlands' Trees Institute, one of the most prominent supporters of the preservation project, said it was "unpleasantly surprised" by the news of the tree's fall early yesterday afternoon.

The tree's owner has not yet made it known what he will do with the wood and bark. THE ASSOCIATED PRESS

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RICK MADONIK/TORSTAR NEWS SERVICE

▶ A Q400 lands at Billy Bishop Toronto City Centre Airport.

Porter's fleet of Bombardier jets cleared to fly

Inspections looked for cracks near Q400's landing gear Porter one of largest operators of turboprops

Porter Airlines said its fleet of almost two dozen Q400 aircraft has been given a clean bill of health after it conducted inspections recommended by Bombardier to search for cracks near the landing gear.

"All of our aircraft now have been inspected and are considered safe to operate," Robert Deluce, CEO of Toronto-based Porter, said in an interview.

Bombardier said 74 per cent of its Q400 planes need to be inspected as a precautionary measure after one airline found cracks near the turboprop's landing gear.

About 222 of the 300 planes in operation should have their rear spar nacelle fittings inspected for corrosion, fatigue and stress, the Montreal-based manufacturer said yesterday. Company spokesman John Arnone said about 60 per cent of the aircraft have been inspected since Bombardier first issued a service bulletin in April, followed by another in July. The Q400 entered service in 2000.

5 Australia's Qantas Airways grounded five of the 21 Q400s operated by regional airline QantasLink after low-cost British carrier Flybe raised concerns about the fittings on its fleet of Q400s.

Arnone said the aircraft remain safe and the potential problem is unrelated to incidents in 2007 that resulted in emergency landings in Denmark and Lithuania.

Deluce called the SAS issue a "red herring" since the problems were confined largely to its fleet and were caused mainly by that airline's maintenance issues than any systematic problems with the plane.

Deluce said he has full confidence in the plane and hopes to add 10 more of the aircraft to the 20 it now operates over the coming years. He noted SAS purchased newer Next Generation versions of the same aircraft after grounding its fleet.

THE CANADIAN PRESS

BAILOUT LOANS

AIG pays back near $4 billion

In its single biggest repayment of bailout loans so far, American International Group Inc. said yesterday it is paying back nearly $4 billion US in taxpayer aid with proceeds from a recent debt sale.

The insurer's aircraft leasing company, International Lease Finance Corp., completed the sale of $4.4 billion in debt. AIG will use more than $3.9 billion of the proceeds to repay the Federal Reserve Bank of New York, trimming the balance on its credit line with the Fed to about $15 billion. Adding interest, the total is about $21 billion.

The emergency credit line was part of a $180-billion bailout package that New York-based AIG received during the financial crisis. AIG has been selling off assets to pay back the aid.

THE ASSOCIATED PRESS

Market moment

PRICES AS OF 5 P.M. YESTERDAY

TSX	Dollar
– 3.44 (11,718.63)	– 0.32¢ ($0.95.03¢ US)

Oil	Natural gas 1,000 cu ft
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PotashCorp CEO scorns BHP bid

- Observers say not many big enough to make a deal
- China's SinoChem touted as potential white knight

PotashCorp is potentially worth tens of billions more than the $38.6 billion US Australian miner BHP Billiton is offering and there other suitors already talking to the fertilizer giant, the Saskatchewan firm's CEO said yesterday.

PotashCorp has been in contact with a number of third parties wishing to explore "alternative transactions" to the $130 per share cash proposal from BHP Billiton, chief executive Bill Doyle said.

$158 PotashCorp shares rose $1.11 to $158.17 on the TSX in trading yesterday. They had been worth less than $118 before BHP's bid.

Doyle noted that the world's largest producer of the crop-strengthening mineral traded at $240 per share at the height of the commodity boom two years ago and suggested that could happen again within the next few years.

If PotashCorp were to sell at a price that's near its record highs, it could be worth at least $71 billion.

"If there is going to be a transaction … it won't be cheap," Doyle said.

THE CANADIAN PRESS

Computers. Acquisition

▶ A worker enters Hewlett Packard Company's headquarters in Palo Alto, Calif.

PAUL SAKUMA/THE ASSOCIATED PRESS FILE

HP tops rival Dell's offer for 3Par

Hewlett-Packard Co. is making a $1.5-billion US bid for data storage provider 3Par Inc., offering 33 per cent more than what rival Dell Inc. agreed to pay for just a week earlier. Both are looking to expand beyond personal computers into "cloud computing," offering software on a subscription basis over the Internet.

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AN ANSWER TO AN AGE-OLD QUESTION

She says ...

JESSICA NAPIER

University life presents unique dating circumstances. Students spend their days living, learning and loving in an incubator of co-eds, with the majority of these potential hookup partners falling into the 18-24 age range.

Post-graduation dating becomes much less predictable. A typical downtown watering hole offers a vast selection of ready-to-mingle singles that range from their late teens to the 40-plus crowd. So, while every weekend presents a new opportunity to broaden your dating horizons, it can be difficult to determine whether that cute guy offering to buy you a drink is a baby-faced 30-something or a well-dressed underage gent.

It would be romantic to believe that true love doesn't discriminate based on age, but the reality is often very different.

So, how old is too old and how young is too young?

Chemistry doesn't trump compatibility, so ask yourself if you both want the same things in the relationship. If you're in your early 20s looking to have a casual fling and he's creeping toward 40 and searching for the future mother of his children, then you definitely have a problem.

"Choosing to date someone outside your age group means friends, parents and even strangers are going to have an opinion."

You also have to consider how people might react to your age disparity. Choosing to date someone outside your age group means friends, parents and even strangers are going to have an opinion. Women who go out with someone significantly older are often labelled the gold-digging trophy girlfriend, while those who date younger men are inevitably subjected to the tired old cougar reference (the reference is tired and old ... not the women).

In the end, it's not necessarily your numerical age, but your maturity that has a greater impact on the success of the relationship. But if you're still confused on whether your May-December romance is destined to fail, there's always the "half your age plus seven" equation. This simple bit of mating math goes as follows: Divide your current age by two and then add seven, the number you are left with is the absolute youngest age you're allowed to date before it becomes indecent.

According to this not-so-scientific dating formula, a 24-year-old woman shouldn't date a man younger than 19.

Then again, dating someone over the legal drinking age should be a no-brainer for anyone who enjoys an overpriced cocktail on a Friday night.

Cartoon

MICHAEL DE ADDER

Channelling some reality

Letters & Tweets

We asked: What reality TV show would you like to go on?

TORONTO. I would like for Extreme Makeover Home Edition to go on for a long, long time.

It's one of those shows that leaves me teary eyed every episode.

All are true and very touching.

JHOBELL KRISTYL

TORONTO. The reality show I would most like to be on is Big Brother.

TAMMY SPURVEY

TORONTO. The Aug. 17 article about Wi-Fi is scientifically silly. Prof. Magda Havas is only moving on to claims about Wi-Fi because nobody wants to spread another silly story about cellphones.

Radio waves from either Wi-Fi or cellphones are not harmful radiation. They are in a range of energy that can't break one chemical bond, no matter how many millions of waves there are.

To a scientist, it's as silly as saying seven people can each jump one foot high, therefore they should be given an Olympic medal because that adds up to seven feet.

Radio waves can't be put in the same league as what the layperson normally thinks of as radiation.

PIERRE SAVOIE

Your dream homemakers

GETTY IMAGES FILE

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Metro Minute at Steeped and Infused

Palms. Coffee dregs. Entrails. What do these three things have in common (besides being key menu items at the last Sarah Palin fundraiser)?

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For a far more civilized — and fragrant — date with the future, head to Steeped and Infused at 1258 Queen St. E.

Starting at 6 p.m., renowned tea leaf reader and clairvoyant Sax Francisco is holding a workshop on how you can decode the patterns at the bottom of your china cup. And after all that self-exploration, celebrate with a gorgeous green and white mango infusion.

JORDANA DIVON

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▶ If you would like to reserve a space for the tea leaf reading workshop, call 647-348-1669.

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720 King St. W
455 Danforth Ave.
25 Davenport Rd.
727 Bloor St. W
1061 St. Clair Ave. W
29B St. Joseph St.
1500 Royal York Rd.
1750 The Queensway
980 Albion Rd.
2610 Weston Rd.
5050 Dufferin St.
1184 Kennedy Rd.

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Milton Crossroads Centre
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Brampton
Bramalea City Centre
55 Mountainash Rd. (Springdale Sq.)
2880 Queen St. E (Hwy. 7 & Airport Rd.)
80 Pertosa Dr.

Mississauga
Erin Mills Town Centre
Heartland Town Centre
Square One
Winston Churchill & 401
2458 Dundas St. W
6535B Mississauga Rd.
3024 Hurontario St.
6200 Dixie Rd.
34 Bristol Rd. E
4920 Tomken Rd.

Oakville
Oakville Place
18 - 2501 Third Line
760 Pacific Rd.

NORTH

Markham
Markville Shopping Centre
Pacific Mall

Newmarket
Upper Canada Mall
1100 Gorham St.

Richmond Hill
Hillcrest Shopping Centre
11005 Yonge St.

Thornhill
Promenade Mall
7171 Yonge St. (Galleria)
7378 Yonge St.

Vaughan
Vaughan Mills Outlet Mall
81 Zenway Blvd.
3 - 10019 Keele St.
2 - 160 Cidermill Ave.
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HANDOUT PHOTO

▶ The colourful world of Pandora and its blue-tinged Na'vi humanoids are back in Avatar: Special Edition.

Avatar born again, with extra footage

James Cameron's global smash returns to theatres Friday Re-release will benefit those 'who wanted to see movie in 3-D but didn't get chance'

Before he takes moviegoers deep beneath the Pandoran sea, James Cameron hopes they'll go for an extended tour of the fictional planet he introduced in Avatar.

Avatar: Special Edition, which includes nine minutes of new footage, opens in 3-D theatres worldwide Friday.

"I'm trying to use the technology to keep people interested and enthused about the Avatar universe, because it's going to be a long time before we get another Avatar movie done," the filmmaker said in a recent interview.

Cameron, 56, already has plans for the Avatar sequels.

He's also got a submarine to build, cameras for the Mars rover to design, an underwater 3-D camera to upgrade and maybe even an ocean-related feature to make.

But first, he had to select and perfect new Avatar footage and persuade distributor 20th Century Fox to rerelease the film theatrically in 3-D.

Cameron said there are "hundreds of thousands, if not millions" of people who wanted to see the movie in 3-D but didn't get the chance because Avatar was edged out of 3-D theatres by other scheduled 3-D releases. Since then, the number of available 3-D screens has doubled internationally, he said.

Fox executives said in a statement that they have been "inundated with requests to rerelease the film in theatres in 3-D" since it wrapped its original run in March.

Avatar boasts the biggest box-office take in history, collecting $2.7 billion worldwide.

Bringing the movie back to the big screen is an experiment inspired by initial fan response to the movie, Cameron said.

"We're rewriting the contract between humans and screens. The whole world is defined by humans watching screens — we watch screens at work, we watch screens for entertainment — and we're changing it.""
JAMES CAMERON

"It was the most pirated film in history at the same time it was the most attended film in movie theatres," he said, adding that some who saw the movie on DVD or on their computer screens may want to enjoy it in all its big-screen, 3-D glory.

The new footage is sprinkled throughout the movie. One bit focuses on the death of one of the planet's native humanoids, the tailed, blue Na'vi. His death is hinted at in the original film, but in the extended version, "We actually see him die," Cameron said.

"Not like he splats to the ground, but how they gather around him afterwards," he said. "It's this big emotional scene and it's actually the best CG we did in the whole movie."

Another scene follows a hunt for one of Pandora's bizarre creatures in a "rousing action-adventure, pulse-pounding kind of scene," he said.

The extended version will appear on a special-edition DVD to be released in November. It will also include a more expanded, "alternate reality version" of the film that is 16 minutes longer than the original, Cameron said.

He has already begun technical development on an Avatar sequel that will focus on the planet's ocean environment.

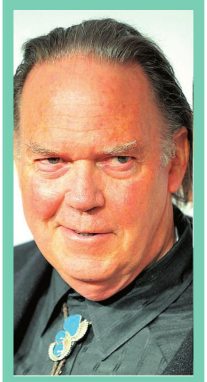
"I love diving," he said, "and if I'm making this movie, I'm not going to be diving as much as I'd like, so I'm going to give myself a kind of methadone fix by doing fantasy ocean."
THE ASSOCIATED PRESS

Cameron's plans

- Cameron plans to explore the Pacific's Mariana Trench in a two-seater sub that can go 36,000 feet below the surface. He's working on upgrading his 3-D underwater camera and is helping build a space-age 3-D camera for the new Mars rover, Curiosity. "You'll be able to see Mars going by, in 3-D," he said.
- He's also working on a 3-D conversion of Titanic, which he hopes to release in April 2012, the 100-year anniversary of its sailing and sinking.

2 scene

In brief



Neil Young's new album has a title: Le Noise. In a Facebook post, the Toronto-born rocker says the record will be released Sept. 28. The album will also be available in in the form of an iPhone app.
THE ASSOCIATED PRESS

"The app will be free. It gives you an interactive album cover. Forgive my use of the word 'album'. I am old school."
NEIL YOUNG

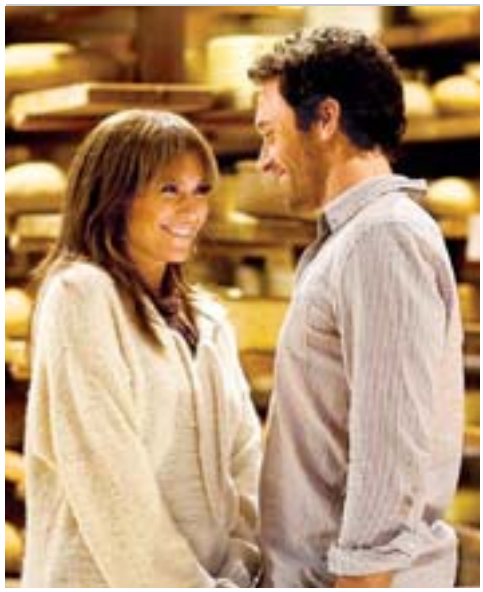
ScanLife

Defence presents video in which Anna Nicole Smith denies drug use at awards show

DVD Releases this week Buy it ●●●●● | Rent it ●●●● | Borrow it ●●● | Yawn ●● | Don't bother ●

Plan? What plan?

The Back-Up Plan
Genre: Romance/Comedy
Director: Alan Poul
Stars: Jennifer Lopez, Alex O'Loughlin
●½



What are the odds of there being two romantic comedies in one year about the wacky antics of sperm-seeking mama wannabes?

They're not that long, actually, given Hollywood's copycat tendencies. Far less certain is the likelihood of Jennifer Lopez getting another headlining rom-com gig after stumbling through this formula filmmaking, which makes current baster yukster The Switch seem like comic genius in comparison.

From the meet cute beginning to the obvious ending, it's almost painful to watch this leaden procession of pregnancy clichés, directed by TV's Alan Poul. J-Lo's lack of rapport with Aussie leading man Alex O'Loughlin is palpable.

Her Zoe can't wait to find a "penis partner" to get pregnant; his Stan walks around without a shirt a lot and has pretensions to becoming an organic farmer.

Their on-again, off-again courtship theatrics make viewing this as much fun as a 2 a.m. diaper change. The supporting cast doesn't help much, particularly Robert Klein as a far too mouthy doctor. There's also a surprising amount of profanity.

Extras include deleted scenes and a making-of featurette. ● PETER HOWELL

City Island
Genre: Comedy
Director: Raymond De Felitta
Stars: Andy Garcia
●●½

In this strained comedy by Raymond De Felitta (Two Family House), Andy Garcia heads an Italian-American family in the Bronx enclave of City Island.

Garcia's Vince Rizzo, a prison guard, is secretly taking weekly acting lessons in Manhattan. He's convinced his wife Joyce (Julianna Margulies) will mock him if he admits this.

So instead he lies that he's going gambling, which infuriates Joyce and leads her to suspect that he's really having an affair.

Vince actually does have a secret that really is a problem for him. He recognizes an inmate named Tony (Steven Strait) as his long-lost son, the one he abandoned years ago when he skipped out on his mother.

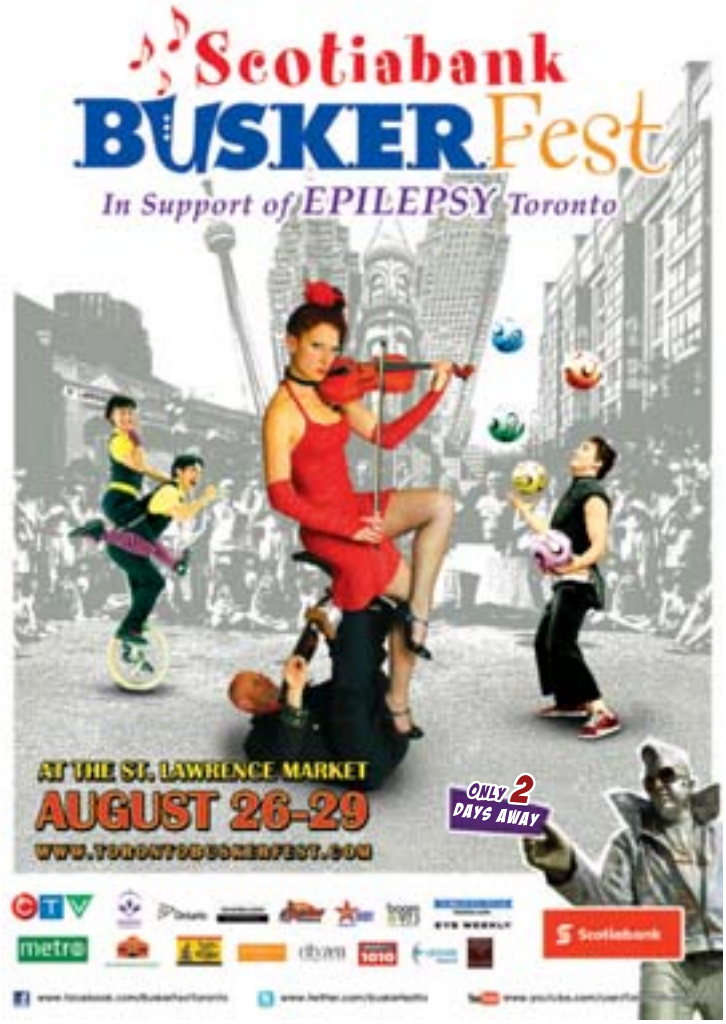
Does he come clean and man up about his past mistakes? No, he goes a little crazy, along with the rest of his family. They're all too crazy to be believed or enjoyed. ● PETER HOWELL

The Square
Genre: Thriller
Director: Nash Edgerton
Stars: David Roberts
●●●

The Square is a well-plotted Aussie drama that you could call a thriller, if the various characters in it were capable of any serious intrigue. Ray (David Roberts) is in charge of the construction of a honeymoon resort. He may have been an honest man before, but his affair with neighbour Carla (Claire van der Boom) and his desperation for fast cash have weakened his resolve.

Carla is working her own scam. Her ex-jailbird husband Greg (Anthony Hayes) has stashed a bag of money in the rafters of their house. She gets Ray involved in a scheme to torch the place after she steals the dough, so Greg won't think she stole it.

Things go desperately awry when people start meddling, others get greedy and still others get their wires crossed.
● PETTER HOWELL



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Scotiabank Buskerfest celebrates a good cause

- St. Lawrence Market street-circus festival supports Epilepsy Toronto
- Suspended Animation performers take balloon stunts to the crowd level

RAPHAEL BRUSILOW
SCENE@METRONEWS.CA

Magic, music and lighthearted mayhem all converge in perhaps Toronto's most unique street festival – Scotiabank Buskerfest.

The St. Lawrence Market neighbourhood shifts its focus from food to frolic Thursday through Sunday as the circus-style atmosphere of Buskerfest takes over the streets with a smorgasbord of performances by some of Toronto's — and the world's — most unique artists.

With more than 100 performers from around the world spread across nine main stages as well as plenty of in-crowd acts, expect plenty of variety in the entertainment, including some wacky and wonderful performances of music, acrobatics and a few things that can't really be described until they're seen.

The festival is organized in support of Epilepsy Toronto and entertainment director Mackenzie Muldoon says the scope and quality of the acts is what takes Buskerfest to an amazing level.

"The spirit of Buskerfest is exciting and spontaneous and what I think makes the festival so great is that we have some amazing, small, intimate acts that you'll remember long after you get home.

"It's a great way to celebrate, have a lot of fun and support a great cause," Muldoon said.

Thirsty visitors will enjoy the licensed Beer Garden on Church Street while kids and adults alike can marvel at the Magic Corner in Berczy Park.

For more information, visit torontobuskerfest.com

▶ Suspended in mid-air from a hot air balloon, a Suspended Animation Circus performer defies gravity — see Suspended Animation at Buskerfest, Aug. 26 to 29.

Gravity-defying

Among Scotiabank Buskerfest's featured acts is Suspended Animation Circus, a collection of ragamuffin-style circus performers that travel throughout the crowd, performing gravity-defying acrobatics while suspended from a giant helium balloon. The act features plenty of audience interaction and participation as well.

- **Suspended Animation** founder and director Tyler Burke says the experienced troupe is excited to play for an outdoor festival crowd as diverse as Toronto's.
- "It's really nice to be performing on home turf – this is our first foray into the busking scene and it will be great to meet with all these performers from around the world. We're excited about the diversity of the crowd," Burke said.

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Unique set of roommates

Being Human moves to Cardiff, Wales for third season Catch up on past two seasons on Space

Being Human focuses on a vampire, a werewolf and a ghost.

So a vampire, a werewolf and a ghost move in together …

It sounds like the set-up for a really bad joke. Or worse, a derivatively familiar premise for the next big American network Twilight rip-off youth-market drama.

Which it in fact is. But before Being Human was optioned for adaptation as an American series, it was a uniquely compelling, character-driven tragicomedy … about a vampire, a werewolf and a ghost.

The supernatural series gets a special showcase this week on Space, running all six of its first-season episodes, starting last night and continuing through Friday.

It starts over from the pilot again in a weekly slot, Thursdays at 10 p.m. EST, starting Sept. 16, with the second season of six following Oct. 28. A third season is currently in production in Wales.

"It's different, isn't it?" allows Russell Tovey, who portrays the most conflicted of the three monstrous roomies — and the only one with an actual pulse — as the reluctant werewolf, George, in the British original.

"It sounds like a kids' show, which it definitely isn't," he says, calling in during a lunch break on the Being Human set.

Neither is it merely a monster mash. "It's really more the human side of it," the actor insists, "rather than concentrating on the supernatural.

"It's almost inconsequential to these people, who are just trying to be human."

In fact, in its initial stages, the three central characters were mere mortals. "It was just about a flat-share," Tovey reveals. "George (the werewolf) just had rage issues, and was agoraphobic and painfully shy, and Mitchell (the vampire) was a drug addict and a sex addict.

"But it wasn't working. So they changed them to a werewolf and a vampire, and Annie the ghost … but they're still rooted in those metaphors. It works on different levels for different people."

For the Being Human writers and creators, it was an opportunity to indulge their nerdier inclinations — all but one come fresh off the revitalized Doctor Who franchise, as do episodic actors Tovey and his phantom flatmate, Lenora Crichlow. (Aidan Turner plays Mitchell.)

"It's great to be around those kind of people," Tovey enthuses, "because they're obsessed with comics and science fiction. They live and breathe it. They know genre back to front … they're so involved in creating this world."

The North American version of Being Human, currently shooting in Montreal, will "super" star Sam Witwer, who played Doomsday on Smallville, as the vampire, with Sam Huntington — Jimmy Olsen in 2006's Superman Returns — taking over for Tovey as resident man-wolf. Local actor Meaghan Rath will play ghost girl Annie. It too will run on Space, which is co-producing.

TORSTAR NEWS SERVICES

TV's Vampires

Stephen Moyer

A roundup of the latest about the other vampire series on TV.

- **True Blood** just keeps the plot rolling towards the season finale on Sept. 12. And the gossip keeps rolling as series star Stephen Moyer says he has apologized to Twilight star Robert Pattinson for calling his character the "Diet Coke of vampires" last year.
- **The Vampire Diaries,** returning on Sept. 9 to the CW, released a teaser online last week to People magazine, baiting the hook for Canadian Nina Dobrev's double role as good-girl Elena and vamp Katherine, who's stirring up trouble between brothers (one being hunk Ian Somerhalder) and who just may have killed Elena's dad.
- **Over in Britain** they're producing the third season of Being Human in Wales, but not without some possible non-human interference. The show's blog reports that actors are starting to wonder if their set is in fact haunted, as "It seems an unidentified figure has appeared three times, interrupting shots and even pushing a coffee cup across the room.

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Comic's original superstar

- Stan Lee has been in the comics business way before it was embraced by the mainstream
- His fan mail started out in crayons before eventually evolving to typewritten letters

Stan Lee was a beloved figure to a generation of Marvel Comics readers who grew up captivated by his legendary creations like Spider-man, The Hulk, X-Men, and Iron Man.

Now that his characters dominate the movie box office, he's become a pop culture icon whose imagination is responsible for some of the great myths of the 20th century. Metro got a chance to speak to the superhero guru as he planned a trip to Toronto for the annual FanExpo.

How did people react to you saying that you wrote comics when you started?

Nobody had any respect for comic books in those days. It was considered to be something that very young kids read or older people who weren't too bright. They were considered the lowest rung on the cultural totem pole.

When did that started to change?

I think Marvel Comics was really was responsible for that. At some point we started using college level vocabulary in our dialogue balloons and captions. We tried to make the stories more intelligent. We tried to play up characterization and give each one of our heroes and villains definite personalities. We concentrated on really good storytelling as best we could.

Did you ever think comic books could get this popular?

No, years ago I never could have imagined that comics would be the wellspring for so many huge movies and popular franchises. I don't think any of us in the business could have. I don't know where it's going. I hope it continues. I think as long as the people writing these things can come up with clever enough ideas to hold the audiences' interests, it'll keep going. Because people love this type of story. They're colourful, they're surprising, they're bigger than life, they're imaginative and that's what the fans like.

JEROD HARRIS/GETTY IMAGES FOR MYSPACE
▶ Famed comic creator Stan Lee

How did you first get into comics?

Oh, I was about 17 when I got into comics and people reacted like "who is this kid hanging around." I worked as an assistant to Joe Simon and Jack Kirby, who created Captain America. In those days, they still used pen and ink wells and I would fill the ink wells and erase the pages for them. I would also go down and get them their sandwiches at lunch. I was just a general office helper. Then one day Joe and Jack left and it was a very small department, just the three of us. So when they were no longer working there the publisher Martin Goodman said, "Stan do you think you can hold down the job as writer and editor until I get somebody who is a grown up?" When you're 17 years old, what do you know? I said, "Sure I can do it." I think he forgot to hire someone else and I was there ever since.

Are you still reading comics these days?

You know, believe it or not, I don't have any time to read any. I'll write them occasionally, but it's my lasting regret. I don't have time to watch enough TV or read enough comics. I'm too busy working.

How do you feel about these sorts of fan and comic book conventions now after having done them for so many years?

These fan conventions are absolutely wonderful. I like nothing better than to be with the fans and hear what they have to say. You know, years ago I used to travel around and give lectures at colleges. There would always be a question and answer period and that to me was the most important. It wasn't the information that I was giving them, it was what I was learning from them by the questions they would ask. I was always able to find out what they were the most interested in and that helped me write my stories. It's the same thing when I go to a comic book convention.

● PHIL BROWN

FanExpo

▶ **FanExpo Canada** takes place Friday through Sunday at the Metro Toronto Convention Centre, 225 Front St., W. For a full schedule of events, visit fanexpocanada.com.

TV watch list

Shaq, Barkley set to face off

GOLF. Shaquille O'Neal takes on his former NBA rival Charles Barkley again on Shaq Vs. Only this time, the two go head-to-head on the golf course in Dana Point, Calif. O'Neal also journeys to Vegas to take part in a hot dog eating contest. (CTV, ABC)

▶ **Shaq Vs.**
Reality
CTV, ABC

Dancers look to avoid cuts

ELIMINATIONS. Two of the Top 20 dancers — one guy and one girl — will have to pack up their leotard and leg warmers on So You Think You Can Dance Canada.

▶ **So You Think You Can Dance Canada**
Reality — Competition
CTV

THE CANADIAN PRESS

Malick has a pony passion

TELEVISION. When the cast of Hot in Cleveland smells horses, they know Wendie Malick has arrived. Malick owns two quarter horses, Mikey Rose and Cassidy. She says her co-stars often tell her they notice the smell when she arrives.

THE ASSOCIATED PRESS

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Friend comes to Cougar Town

Former Friends co-star Aniston reunites with Cox for a guest spot on her new ABC comedy series Aniston will portray a therapist

GETTY IMAGES

Jennifer Aniston will guest star on Cougar Town.

Jennifer Aniston will pay a visit to old "friend" Courteney Cox on the season debut of ABC's Cougar Town next month.

ABC said Monday that Aniston will portray a therapist who is being seen by Cox's character.

It's a one-episode visit, scheduled for Sept. 22.

The two actresses starred for many years on NBC's Friends.

Cox is in her second season of Cougar Town, where she plays a character hungry for younger men.

Aniston is promoting her new movie, The Switch.

THE ASSOCIATED PRESS

Winslet hand-in-hand with model

GETTY IMAGES

Kate Winslet.

Kate Winslet stepped out hand-in-hand in London recently with male model Louis Dowler, according to the Daily Mail, confirming speculation that the "Titanic" star is dating Dowler after her marriage to Sam Mendes came to an end earlier this year.

First introduced at a party by mutual friends, the pair had been spotted exercising together earlier this month in New York. "They've been on lots of dates and get on really well," a source told the News of the World last month. "It's early days for them but they enjoy each other's company."

METRO

Gaga is 'Twitter queen'

Lady Gaga has surpassed Britney Spears as the most followed person on Twitter — for now.

She has more than 5.7 million followers. She overtook Spears over the weekend and posted a video late Saturday on YouTube.

Gaga called her fans her "little monsters" as she thanked them for beginning "my reign as Twitter queen."

Spears, Ashton Kutcher, Ellen DeGeneres and an account run by President Barack Obama's political organization, Organizing for America, all have more than five million followers.

The most followed title often shifts rapidly, and fans frequently organize to boost their favourite's tally. THE ASSOCIATED PRESS

Jude Law and Sienna Miller reportedly wed

Jude Law and Sienna Miller reportedly took part in a Baci marriage ceremony while vacationing in Laos, according to the Daily Mail.

The pair had their wrists tied together and were blessed by a local shaman, though the ceremony isn't legally binding.

The traditional ceremony "usually takes place on the morning of the wedding and is followed by the wedding blessing by monks and feasting and drinking beer and rice alcohol in the evening," local sources tell the newspaper. "Jude Law and Sienna Miller will already be man and wife in people's eyes here."

METRO

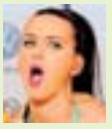
Timberlake is Givenchy's newest face

Justin Timberlake has a new gig to add to his crowded resume, as he's signed on to be the face of an ad campaign for Givenchy's new women's fragrance, Play for Her.

"I said, 'You guys should go find a woman to help put this out,'" Timberlake tells WWD. But the campaign — featuring Timberlake and Twilight star Noot Seear getting cozy in Paris — was explained to him, he was all for it. "I thought, Oh that kind of makes sense."

METRO

Celebrity tweets



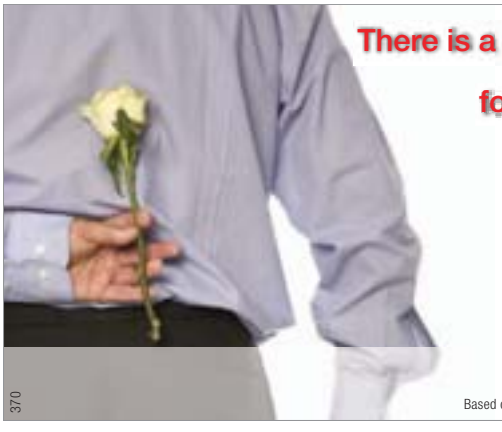
Katy Perry [@katyperry] feel like I've been punched in the face, I am so tired.

Russell Brand [@rustyrockets] Twitter doesn't recognise the spelling of the word "twitter". And this blackberry isn't a berry. And my rocket is rust free.

Conan O'Brien [@Conan OBrien] The NASA robot doing chores on the space station has its own Twitter account. I'm glad to see NASA is still shooting for the stars.

John Mayer [@johncmayer] If you miss the first 148 minutes of Inception, you won't understand a thing that's going on.

METRO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FLICKR CC KIRSTEA

▶ Have a stress (and work!)-free holiday with these tips.

Having a happy holiday

It's the time of the year we all live for, those days when you can sleep in, eat when you're hungry and hang out Or so you would think ...

ROMINA McGUINNESS
WELLNESS@METRONEWS.CA
METRO WORLD NEWS IN LONDON

Back in the day a holiday was a week at nana's that included eating sweets (calories don't count when on holiday) and splashing about in the sea. Today people have forgotten how to switch off, leading to the inevitable crash and burn of their mind and body.

Why holiday?

It's a basic human need

"Diversity is a basic human need. People get bored when their everyday is the same," says psychotherapist Marisa Peer.

Going on holiday and getting away and experiencing change is necessary for a healthy mind.

It gives your brain a break

"Technology has facilitated keeping in touch," explains Peer. "Without taking a break from your life back home, you won't benefit fully from your holiday."

It's also a time for re-assessing certain things such as the superficiality of life back home compared to the current simplicity.

It means you get to sleep

"Look at animals and how much time they spend sleeping," observes Peer. "Us humans are the same, we need to sleep and holidays are the rare time we can do so uninterrupted."

... and how to make the most of it

Plan ahead

For meditation guru Andy Puddicombe, planning holidays may sound like an exotic thing to do but the truth is it's pretty stressful.

"Not leaving everything to the last minute will avoid you running across the airport trying to catch your plane. The rush of adrenalin you get from missing your flight or forgetting your passport isn't exactly healthy so being prepared will make the whole experience far more enjoyable."

Comfort not catwalk

When you leave to jump on the plane or train, dress for comfort and not for the catwalk.

You don't want to be queuing up for passport control in sky-high heels or too tight trousers.

Comfortable clothing will make you feel more grounded so loosen your belt and put on some flats to feel more at ease mentally and physically.

Trade in Technology

Truly switching off is something most people struggle with.

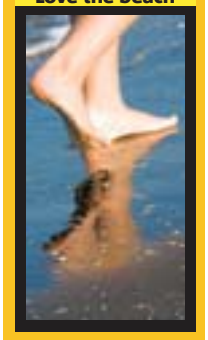
They will worry about their inbox filling up with e-mails and unanswered phone calls. Instead of frantically logging in for updates or worrying sick as to what you'll have to deal with upon returning, come up with a digital strategy. Take 30 minutes every couple of days to answer mails and check up on things so as not to dread returning to the office.

Out of control

Recognize that most of the things that stress you out when you are traveling are out of your control. From your lost luggage to the rude passengers and delayed flight; Puddicombe's advice is to acknowledge from the very start that these things are out of your control in order to help you relax.

3 life

Love the beach



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Certain pesticides linked to attention problems in young kids: study

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Eating well in August is easy

With a variety of crops becoming available, this is the best time of the year for fresh food lovers

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METRO NEWS

"There is an abundance of tasty, fresh, nutrient dense foods available from your local farmer" TRISTACA CALDWELL

Juicy peaches at breakfast, bright red tomatoes at lunch and corn on the cob at dinner.

Get 'em while you can!

Eating fresh local produce is a great way to lose weight and pile on the antioxidants.

"August is one of the best months in Canada when it comes to variety of crops available," says Tristaca Caldwell, a registered dietitian and owner of Fueling with Food in Halifax, N.S.

"There is an abundance of tasty, fresh, nutrient dense foods available from your local farmer."

Go for deeply colourful veggies and fruits.

Peaches, tomatoes and corn are good sources of antioxidants, fiber, and potassium, says Caldwell.

Peaches and tomatoes are chock full of vitamin C.

No wonder we crave them at this time of year.

If you haven't been to a farmers' market in a while, now is the time to go, recommends Caldwell.

Fresh, local foods may be higher in antioxidants because they are harvested ripe and ready to eat, whereas foods that have to travel to supermarkets are often picked before maturity. Other local foods available in August are: beans, bok choy, broccoli, carrots, cauliflower, celery, cucumbers, eggplant, herbs, kale, lettuce greens, peppers and radishes.

"It's a great time of year to replace frozen or canned fruits or vegetables with fresh versions. Save preserved foods for the winter months when fresh options aren't available," said Caldwell.

▶ For lover's of fresh fruit and veggies this is the most wonderful time of the year.

ISTOCK PHOTOS

Harvard study condemns the eating of red meat

You've probably heard it before: Eat less red meat. Now, there's more evidence to support this advice.

A large study conducted at Harvard has found that eating chicken or turkey instead of beef, pork or lamb can cut women's heart disease risk.

Researchers say this probably works for men too.

The study charted the eating habits of 84,136 healthy women ages 30 to 55 over 26 years, and analysed whether they got sick or not. The women were part of the Nurses' Health Study. Results indicate that each time you substitute red meat with poultry, nuts, fish, or low-fat dairy, you reduce your heart disease risk.

Red meat contains baddies like heme iron and saturated fat, whereas these better sources of protein contain goodies such as fatty acids and polyunsaturated fats, which may protect against heart disease.

CELIA MILNE

Ticker Trouble

By the numbers Every seven minutes, someone in Canada dies from heart disease or stroke.

Breaking down the deaths 30 per cent of male deaths and 31 per cent of female deaths in Canada are from cardiovascular disease.

60 seconds

A SIMPLE MESSAGE

Eat your greens! A new, persuasive study from the U.K. has found that eating at least one serving of leafy greens a day can reduce your risk of type 2 diabetes. Though it may sound familiar, there actually hasn't been much solid, scientific evidence to show that eating more fruits and vegetables is beneficial in reducing chronic disease. This was a huge study, and is therefore quite reliable. The message: Eat more fruit and vegetables, especially lettuce, spinach, kale, cabbage and cauliflower.

CELIA MILNE

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Nutritious lunch ideas

From Grade 1 until the end of high school, a student may eat more than 2,400 lunches at school ◗ You can put together a lunch that not only tastes great, but also packs the nutrition that children need in their busy days ◗ Here's one lunch box idea: Chili

Preparation:

1. In a microwave-safe bowl, stir ingredients until combined. Microwave on high, loosely covered, for 2 to 3 minutes or until hot. Stir before serving.
2. This can be placed in an insulated container or if you have access to a microwave oven, warm it up at school or work.

THE ASSOCIATED PRESS

Ingredients :

- 250 ml (1 cup) cooked rice
- 175 ml (3/4 cup) canned kidney beans, drained and rinsed
- 125 ml (1/2 cup) frozen corn kernels
- 1 medium tomato, chopped
- 50 ml (1/4 cup) diced green bell pepper
- 30 ml (2 tbsp) finely chopped onion
- 1 ml (1/4 tsp) chili powder

▶ Lunch box chili.

Lunch box quick facts

Put some punch in your child's lunch

Here are some tips to make sure your child enjoys variety in his or her school lunch:

1. Purchase a small stainless-steel insulated container and fill it with hot soups, leftover stews or pastas.
2. Liven up sandwiches by using different types of bread such as pita pockets, small submarine buns, raisin bread or whole-grain bread.
3. Make sandwiches with a variety of fillings such as tuna, salmon or egg salad, leftover meat loaf, roasted chicken, cheese such as cheddar, cream cheese, havarti and Monterey Jack.
4. Pack a combination of fruits and vegetables along with low-fat yogurt and individual fruit cups.
5. Dessert choices can include arrowroot, chocolate chip or oatmeal cookies or granola bars.

THE CANADIAN PRESS

Alternates to the tried and true

If slapping a couple of slices of deli meats into sandwiches has been your school lunch norm, it might be wise to make some changes, says one B.C. dietitian

There have been numerous recalls of a variety of these convenient luncheon meats by the Canadian Food Inspection Agency over the past year.

Most were contaminated with Listeria, the agency says. Consumption of the food, which may not look or smell spoiled, could cause listeriosis, an illness of high fever, neck stiffness, headache and nausea that is particularly dangerous for pregnant women.

As school lunch providers, parents might want to avoid processed luncheon meat for their children, says Patricia Chuey, a dietitian for more than 20 years.

"To their credit, many deli meat manufacturers over the past decade have taken steps to reduce the sodium and fat content," she points out. "But that said, the general category of luncheon meats is still something I would call a 'sometimes' food that should not be consumed every day."

And, she adds, independent of the listeriosis and salmonella outbreaks and recalls, a high sodium and fat content remains an issue with many processed foods.

Chuey says like any other meal plans, school lunches should also follow the golden rule of healthy eating.

"We should cross-train our diet and eat a variety of different foods," she says.

Chuey says parents making lunches should now be reconsidering what to offer their children. And instead of making lunch in the morning, plan ahead.

"So if you are cooking a quality protein like turkey, chicken, beef, pork, fish, vegetarian or a casserole for family dinner, purposely plan to make enough to take for lunch the next day."

Chuey doesn't buy the excuses offered by many people that they haven't the time to prepare school lunches.

"Planning (leftovers) is even faster than making a sandwich," she counters. "People know that they need their lunch five days a week, so it's really a habit shift looking at adjusting that prep time in the evening."

THE CANADIAN PRESS

▶ Dietitian Patricia Chuey.

Lots of meals

Recent research among food scientists and dietitians has found that children should eat five or six small snack-type meals throughout the day. This can help avoid blood sugar spikes and give them the constant sustenance their growing bodies require.

Liquid Assets

Move over Argentina, let's see some fine Chilean wines

PETER ROCKWELL
LIQUIDASSETS@EASTLINK.CA

While Argentinean winemakers hog the media spotlight with the dexterity of Kim Kardashian; their neighbours in Chile have been quietly producing some of best wines made in South America.

Famous (almost to a fault) for its cheap, consistent table wines, Chile has had trouble finding a foothold in the market for much of anything else. It's a liquid travesty that takes on biblical proportions when you consider the diversity of styles and intensity of flavour you can squeeze out of the country for less than $15.

Though all the A-list berries are grown there; Chile's grape king (with all due respect to carmenère) is cabernet sauvignon. Brought from France in the mid-1800s, cabernet literally dominates the Chilean landscape: Producing the grape's full spectrum of red meat ready profiles from light and simple to full-bodied and enduring.

The 2008 MontGras Cabernet Sauvignon Reserva ($12.00 - $14.75) offers up a balanced, creamy personality with blackberry, currant, coffee and light mocha flavours and soft, dry tannins. Very New World.

On the other end of the scale the dark, red fruit, young tannins and black coffee and wood finish of the 2009 Errazuriz Estate Cabernet Sauvignon ($13.00 - $15.25) shows its European influences.

Prices reflect the range across the country. Some products may not be available in all provinces.

Peter Rockwell is the everyman's wine writer, working in the liquor industry for more than 25 years and traveling the globe looking for something to fill his glass and put into words.

Perfect pork chops

It's always nice when you can prepare a healthy meal with seasonal ingredients. It's even better when you can do it using only a couple pots and pans, making cleanup a breeze.

This recipe for roasted pork chops and peaches from the August issue of Real Simple magazine features a sweet and savoury topping of fresh fruit and herbs cooked in the same skillet as the meat. The pork and peaches are served over a bed of fluffy couscous to complete the meal. (Start to finish: 30 minutes).

Preparation:

1. Heat oven to 200 C (400 F). Cook couscous according to package directions.
2. Meanwhile, in a large ovenproof skillet over medium-high, heat oil. Season pork with 2 ml (1/2 tsp) of the salt and 1 ml (1/4 tsp) of the pepper and cook until browned, 3 to 5 minutes per side. Transfer pork to plate.
3. Return skillet to heat and add peaches, onion, vinegar and remaining salt and pepper. Cook, tossing, for 1 minute. Return pork (and any accumulated juices) to skillet. Transfer skillet to oven and roast until pork is cooked through and peaches are tender, 8 to 10 minutes.
4. Sprinkle with basil and serve with couscous. Makes four servings.

THE ASSOCIATED PRESS

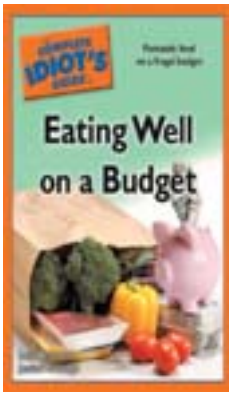
▶ Skillet Pork Chops and Peaches

Ingredients :

- 1 pkg (284 ml/10 oz) couscous
- 15 ml (1 tbsp) olive oil
- 4 bone-in pork chops (about 1 kg/2 lb total), trimmed of visible fat (each 2 cm/3/4 inch thick)
- 3 ml (3/4 tsp) kosher salt (divided)
- 2 ml (1/2 tsp) ground black pepper (divided)
- 2 peaches, pitted and cut into wedges
- 1 small red onion, cut into thin wedges
- 45 ml (3 tbsp) red wine vinegar
- 125 ml (1/2 cup) fresh basil leaves, torn into pieces

Correction

Yesterday's recipe for blueberry cinnamon coffee cake was missing the amount of sour cream needed to complete the dish. 250 ml (1 cup) sour cream is called for in the recipe. A complete version of the recipe is available at metronews.ca/recipes.



Get economical while cooking

Besides a roof over our heads, food is another necessary item that can take a big bite out of monthly incomes.

That is unless we discipline ourselves to keep track of what we spend on food, says Lucy Beale, co-author with Jessica Partridge of The Complete Idiot's Guide to Eating Well on a Budget.

"We wrote the guide because of the past few years of economic difficulties," says the wellness coach, who worked with her daughter-in-law, a food historian, on the book.

"But it's the kind of book that is universal because everybody could save money on food costs if they wanted to."

The authors guide readers through setting up a food budget while reminding them to get the whole family involved to make it work well.

"One of the reasons many people can't keep the food costs down is because they are cooking less."

Consequently in the cookbook section of the guide they offer recipes which are "specifically easy to use, make and give fewer directions.

Beale says one of the best ways to save money on food is to cook at home.

"If you make a lasagna, make two and freeze one so you have it on hand."

THE ASSOCIATED PRESS

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Eat, pray then gelato!

Named for a saint and naturally tasting heavenly, San Crispino gelato already was a must for devotees of the Italian treat

ANDREW MEDICHINI/THE ASSOCIATED PRESS

ALESSANDRA TARANTINO/THE ASSOCIATED PRESS

▶ Left: Customers place their orders at the San Crispino in Rome, which has been enshrined by Eat Pray Love on the pilgrimage route to melt-in-your mouth pleasure. Right: A customer enjoys some gelato.

When a Roman bus driver gave Elizabeth Gilbert the buzz — "The Best Gelato In Rome" — San Crispino became enshrined in her how-I-found-the-real-me journey-memoir, Eat, Pray, Love. Fans have been making pilgrimages for melt-in-your-mouth inspiration ever since.

In the book that's now become a movie Gilbert recounts her rapturous encounter, not once, but three times in one day, with the gelato. In a single, mouthwatering paragraph, she waxes enthusiastic about the flavours. First she had the honey and hazelnut combo, then she returned for a pairing of grapefruit and melon, and yet again for an exotic nightcap of cinnamon-ginger.

While playing just a bit part in the movie, gelato is getting a big boost from the film's ads, with Julia Roberts, who plays Gilbert, with a puckish look on her face and a cup of (presumably) San Crispino ice cream in her hand as she sits on a stone bench in Piazza Navona.

Gelato worshippers intent on finding this Roman temple of gelato, however, don't get much help from Gilbert. She doesn't say just where she had her San Crispino gelato.

Did love-at-first-lick come on Via della Panettieria, a narrow street near Trevi Fountain?

Or at the San Crispino franchise — horrors! yes, the "best" gelato in Rome is franchised — on Piazza della Maddalena, a tiny square behind the Pantheon?

Or perhaps at the gelateria where the two brothers who founded San Crispino opened their first location, in 1992, on Via Acaia in the working class San Giovanni neighbourhood?

Wherever Gilbert had her gelato epiphany, "we are happy we were cited in the book and especially that she liked our gelato," Pasquale Alongi, one of the brothers, modestly said as lemons were squeezed for San Crispino's "limone" gelato in the "laboratory" on Via Acaia. THE ASSOCIATED PRESS

Sage words

▶ Nazzareno Giolitti, whose namesake grandfather first started dishing out gelato in the early 1900s, ventured that eating gelato is "a form of socialization. It's being together with a family."

SHY GUY'S SKY-HIGH PROPOSAL

How We Met: Tom & Tiffany

Names: Tom, 25, and Tiffany, 26

Hometown: Vancouver

Together since: 2005

Their story:

▶ Tom and Tiffany met during a night out at Whistler, B.C.

"Tom and I (Tiffany) met on December 21, 2005. I went up to Whistler, B.C., for a night of fun ... with my friend, who was visiting. We decided to head to a local bar. Tom didn't intend to go out that night, but at the last minute he decided to go to the bar where we happened to be at.

"He is very shy and not the type to approach a girl but says he was compelled to come on the dance floor and dance with me. We danced the night away and spent the next day together. I found out he was from Australia, and eight months later, I was living with him in Sydney.

"Although I'm now a permanent resident of Australia, we're both back living in Vancouver. It has been almost five years now, and we are the best of friends and are growing more in love every day.

"Tom (finally!) proposed to me on Valentine's Day on the zip-line over Robson Street during the Vancouver 2010 Olympics. We'll be getting married in March 2011 in Australia. We are very excited and can't wait for the big day!"

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When love is an open book

CAITLIN GREER/THE ASSOCIATED PRESS

▶ Co-founders Matt Sherman and Matt Masina at an Alikewise.com party.

Chin Ma is 25 and looking for love. He paddles regularly in the dating pools online, paying fees to navigate millions of profiles based on lengthy checklists and compatibility formulas.

So how'd he find his latest prospect? Through a book by Andy Warhol on Alikewise.com, a newcomer looking to connect people free of charge based on their favourite reads. It's a unique approach in a recession-hardy industry that has dozens of niche.

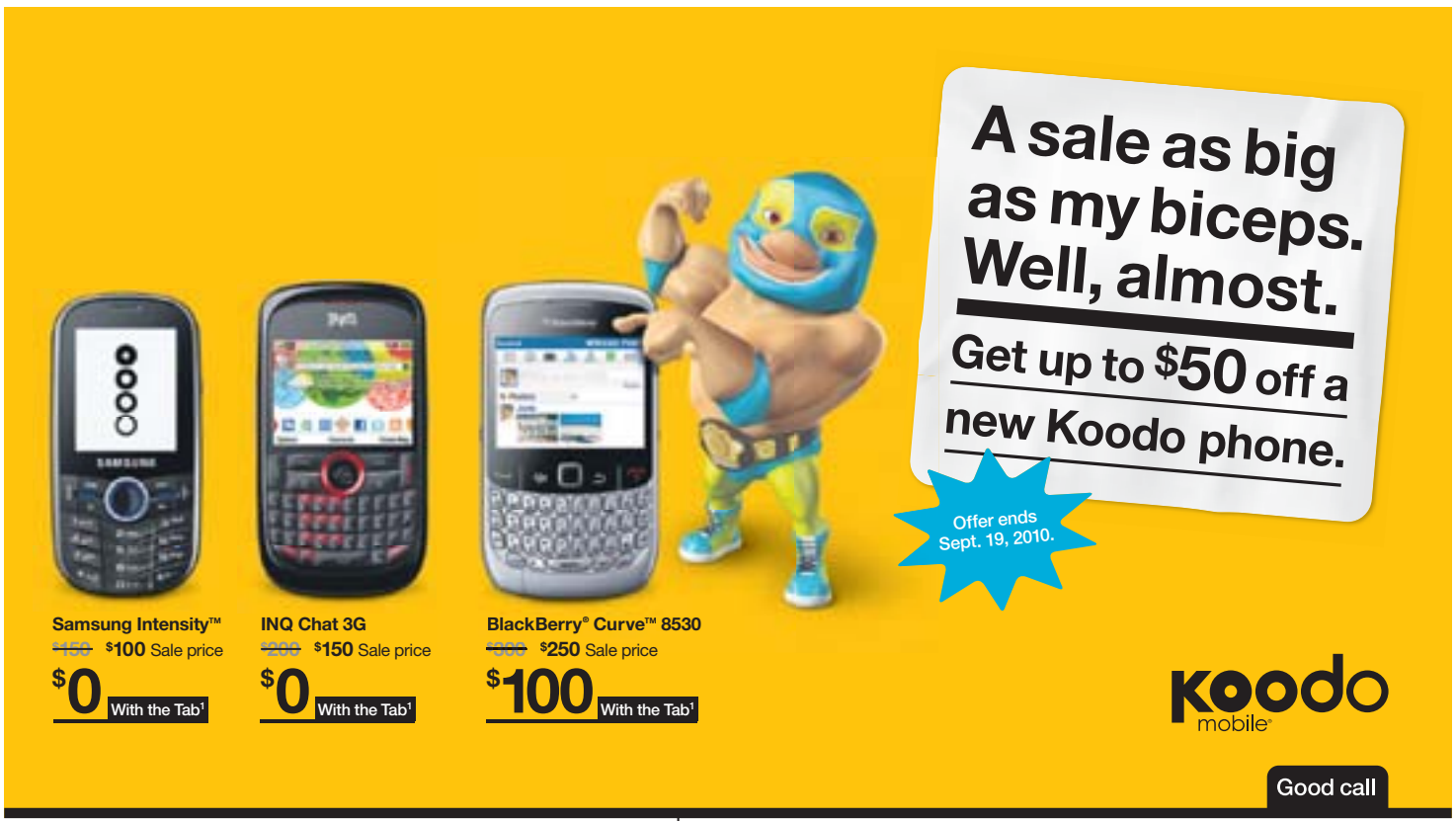
"Alikewise is more subject to your creativity than the larger sites," said Chin.

Hobbies and passions like reading are often included when daters describe themselves or their dreammates. Site users can search and be searched by the books and book opinions they put up next to their profile pictures.

Other users can leave comments about your books, and the site sends notifications when somebody adds the same title or books in the same general interest area.

"There are plenty of niche dating sites, but they struck me as a bit too niche," said Matt Sherman who the co-founded the site with Matt Masina. "They seem to orient themselves over one particular interest or type of person — athletics, religion. Our attitude is that books can be about anything. They're a means to an end to get the conversation going."

THE ASSOCIATED PRESS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Fun and Frugal

MONEY@METRONEWS.CA

FRUGEL AND GREEN

Going green doesn't mean you need to trade in your 2003 Ford for a shinny new $30,000 hybrid. Many green choices are simple and won't squeeze your bank account.

Reducing consumption of non-environmentally friendly products is a step towards going green and saving money. Homemade foods reduce packaging and are healthier than foods that are preserved in salt and other chemicals. Try paring down purchases so you won't over consume. Shop for fewer fresh groceries more often, so that less produce goes rotten. Take your own fabric bags and try to take public transit, carpool, walk, run, bike, or inline skate to the store instead. Save on utility bills by washing laundry in cold water. On cold days turn the temperature down a few degrees or on hot days reduce the air conditioning in your house.

Reusing and maintaining products extends their life and reduces waste. Consider buying quality used mechanical goods like lawnmowers, vacuums, appliances and cars. Consider selling or handing down clothing, furniture, computers, televisions, and other electronics to family, friends, and neighbours.

Contributing to a cleaner environmental future is everyone's responsibility. Start by making small changes to your daily consumption habits — choose cleaner, greener and cheaper options.

Let kids have a say in their allowance

Getting your kids involved in setting a back-to-school allowance means you'll have satisfaction all round

ON MONEY

ALISON GRIFFITHS
MONEY@METRONEWS.CA

With school beckoning one's parental attention may turn to thoughts of relief … and money.

Kids need dough. It's not just about having money to spend, but about learning to handle one of life's most essential resources.

Many parents increase allowances on birthdays. But back to school is actually the best time of year for kids to get a raise. And I bet you won't get any argument when you broach the topic.

According to the U.S. site, threejars.com, 71 per cent of parents believe setting allowance should be a joint decision.

▶ Fifty-one per cent of kids spend their allowance all at once while 49 per cent of parents want money tied to chores.

Start by putting together a budget with your child. This is how I did it with my 13-year-old. Her passion then was (expensive!) graphic novels, costing about $26 each. We figured on one a month.

She also loved to buy a frosty drink and an Archie comic on weekends. We budgeted one per week at $4.50. Now we are up to $44. I also believe in saving both for short term goals and her own education. We calculated $10 monthly for short term saving (video games) and $10 for her college fund.

The total came to $16 a week. To that I added another $2 for school special events such as pizza day. When I told her $18 was too rich for me she agreed to cut back to an Archie and frosty drink every other week.

She took her $16 weekly cheque to the bank once a week and once a month transferred $10 into a savings account and $10 into her RESP. The Canadian site, moonjar.ca also recommends a portion added for charity. My daughter decided she would donate half of her pay from her Saturday job in a stable.

Do this annually and you'll never have allowance tears.

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Fort Lauderdale $62
Travel Sep 25 - Oct 2/c6 — + taxes & fees $237

Varadero $79
Travel Sep 5 - Sep 12/c6 — + taxes & fees $215

London $199
Travel Oct 18 - Oct 25/ts — + taxes & fees $406

New York $229
Travel Sep 16 - Sep 23/la — + taxes & fees $105

Los Angeles $289
Travel Nov 2 - Nov 9/dl — + taxes & fees $129

Turks & Caicos $298
Travel Sep 11 - Sep 18/ws — + taxes & fees $130

Amsterdam $399
Travel Sep 19 - Oct 12/ts — + taxes & fees $337

Rome $399
Travel Oct 7 - Oct 15/ts — + taxes & fees $315

Tokyo $699
Travel Nov 8 - Nov 22/dl — + taxes & fees $396

Bangkok $729
Travel Nov 14 - Nov 28/ua — + taxes & fees $286

Sydney $998
Travel Nov 14 - Nov 28/ac — + taxes & fees $395

Vacations

Las Vegas Air + 3 Nights
$399
Imperial Palace — + taxes & fees $132
INCLUDES accom on the Las Vegas Strip. Departs Oct 4/ggv/dl. UPGRADE to 4-star Monte Carlo for $19 per night.

Montreal Labour Day Weekend
3 Nights 4.5-Star $288
Fairmont Queen Elizabeth Hotel — taxes & fees included
INCLUDES Fairmont accom in the heart of downtown Montreal. Departs Sep 2/ggv.

New York Air + 2 Nights $559
Courtyard by Marriott Upper East Side — + taxes & fees $118
INCLUDES Manhattan accom. Departs Oct 22, Nov 5 or Nov 12/ggv/aa. ADD roundtrip transfer to Woodbury Common shopping outlet for $45.

Honolulu Air + 7 Nights $989
Ohana Waikiki West — + taxes & fees $127
INCLUDES Waikiki accom. Departs Nov 3/ggv/dl.

USA Family Vacation

Orlando Family Special
Air + 7 Nights
$149◊
Champions World Resort — + taxes & fees $223
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Carnival Imagination — + taxes & fees $68^
CRUISE roundtrip Miami and visit Key West & Cozumel. Sails Nov 29/crv.

Alaska 7-Night Cruise $668
Celebrity Millennium — + taxes & fees $183
CRUISE from Vancouver to Seward (Anchorage) and visit Juneau, Ketchikan, Skagway, Icy Straight Point & Hubbard Glacier (cruising). Sails Sep 3/cel.

Panama Canal 14-Night Cruise $819
Celebrity Millennium — + taxes & fees $274
CRUISE from San Diego to San Juan and visit Los Cabos, Acapulco, Huatulco, Puntarenas, Panama Canal (cruising), Colon, Aruba & Curacao. Sails Sep 27/cel.

Mediterranean 12-Night Cruise $1118
Brilliance of the Seas — + taxes & fees $155
CRUISE roundtrip Barcelona and visit Toulon, Florence/Pisa (Livorno), Rome (Civitavecchia), Naples, Dubrovnik, Corfu & Venice (overnight). Sails Aug 29/rcl.

Southeast Asia 13-Night Cruise $1179
Legend of the Seas — + taxes & fees $130
CRUISE from Hong Kong to Singapore and visit Halong Bay (overnight), Chan May, Nha Trang, Saigon (Vung Tau - overnight) & Bangkok (Laem Chabang - overnight). Sails Nov 9/rcl.

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TICO

These artists fake injuries

Makeup lessons help prepare members of Ontario's transport medicine service for the field

Members of Ornge, Ontario's transport medicine service, are typically in the business of helping to treat injuries — not create them.

But during a weeklong training session, Ornge educators were getting a hands-on lesson of their own on the intricacies of creating fake wounds, cuts, burns and fractures at a leading North American school for makeup artistry.

They don't plan on quitting their day jobs. Rather, they're applying the skills acquired from prosthetic makeup artists during a customized program at the Complections International Academy of Make-up Artistry to help better prepare first responders for their work in the field.

"This feels very good to be helping real people train paramedics to go help others."
PAMELA EARLE

During the course, students tried their hand at refining life-like replications of injuries — drenching a spongy, exposed fractured tibia in fake blood and sponging on colour to enhance a swollen eye.

With more than 400 employees, including paramedics and transport medicine physicians, Ornge provides medical transport by air or ground for ill and critically injured patients.

The organization's training includes the use of a computerized human patient simulator. The mannequins come equipped with software representing physiological processes and responses seen in humans, capable of being programmed to mimic conditions like high heart rate or elevated blood pressure levels.

JAMES MACDONALD/THE CANADIAN PRESS

▶ Percy Pilatzke, left, lead educator with the Ornge Academy of Transport Medicine, works on recreating an injury while Pamela Earle, centre, and David Scott look on.

"Our whole focus in the simulation department is to increase patient safety and clinical competence of our practitioners," said Jeremy Knight, program manager of simulation with the Ornge Academy of Transport Medicine.

More than a year ago, Knight said he had been thinking about taking the simulation to another level.

While the clinical theory was in place, they wanted to do more to engage individuals visually and to better use all the senses in a simulation session. Knight said what was lacking was the ability to recreate injuries. He went looking for help, and found Complections fit the bill.

School president Pamela Earle said Ornge members have discussed wanting to return to Complections for more advanced sessions.

"I'm so thankful that there are people willing to do this work. she said.
THE CANADIAN PRESS

dose of reality

Gelatin and a vinyl were used for the pre-made appliances. Silicone-based and acrylic surgical adhesives, paints, theatrical makeup and blood simulated products were all part of the mix in helping add a dose of realism to simulated injuries such as open wounds, lacerations and third-degree burns.

The decor is cool and the waiters are hot.
- Zoé
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talking points

Primus offers the following tips for cellphone users:

- **Be mindful in public spaces:** Limit cellphone use when in a public place. Most people don't want to be privy to all of the details of your life.
- **Be discreet:** If you must take that important call, try to do so in a low key manner, speaking in a quieter tone so as not to distract others.
- **Make it quick** – Short, sweet and to the point is the best strategy when using your mobile phone in public.

NEWS CANADA

Mobile communication changing our behaviour

▶ How many times have you heard someone speaking too loudly on their cellphone at the office?

Cellphones here to stay, but do users understand office etiquette?

Cellphones are here to stay. Most people would agree with this statement as we've become more comfortable with digital communications and being accessible 24-hours a day, seven days a week. Yet while mobile devices continue to connect us, many people struggle with the basic rules of cellphone etiquette.

A recent survey by Angus Reid Public Opinion, on behalf of Primus Canada, suggests more than one-third of respondents between the ages of 18 to 34 don't even bother saying "hello" when answering their mobile device. The same survey also revealed that one-fifth of respondents adapt their greeting based on who's calling.

"The rules of engagement have changed when it comes to digital communication," says Rob Warden of Primus Canada. "Cellphones have become more integrated into our everyday lives, yet many of us still struggle with what is, and what is not appropriate when it comes to cellphone etiquette."

How many times have you heard someone speaking much too loudly on their cellphone in a public place or at the office? Or experienced instances where mobile devices have taken centre stage on a first date, business meeting or in a movie theatre?

As much as we are connected to our mobile devices, we must also keep in mind common courtesy, regardless of the circumstance. NEWS CANADA

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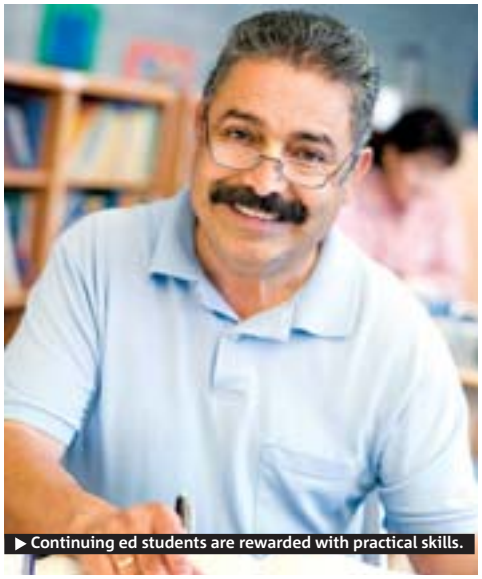
▶ Continuing ed students are rewarded with practical skills.

leap forward

Adults who are thinking of earning credits or improving skills through education often think that their only option is to take a college of university level course. But what about starting off with a high school course? Today's high school curriculum addresses the Ministry of Education expectation of providing students with both theoretical and skills based knowledge.

Sarah Irwin, managing director of the Independent Learning Centre talks about how courses can easily be translated into real life examples. "For example, students taking the Business and Technological Communication (EBT40) course learn practical writing, communication, and technical skills that are needed in both workplace and post-secondary environments. And, taking that course at a distance has the added bonus of improving time and project management skills."

Continuing education is not about going back to school; it is also about taking a giant leap forward and being rewarded with not only credentials, but also practical skills that can be used for immediate application and for years to come.

NEWS CANADA

Changing education through technology

- The Internet has made distance education accessible to everyone
- Adult students have more options

For some, continuing education conjures up images of classrooms full of adults staring at a teacher after a long day of work, raising kids and other daily commitments.

That image can be discouraging and can even prevent adults from making the commitment to return to their education. Today, as technology evolves so do the options for adult learners — making education more accessible than ever.

Imagine, having the ability to earn credentials in your own home, on your lunch hour or even on public transit when it suits you.

The Internet has made online distance education accessible to almost anyone anywhere. Adult learners can easily access institutions from across the province to take a high school, college, university, or even special interest course.

"Online education is fast becoming mainstream and with today's time crunch that many Ontarians are dealing with, having accessible alternatives to education is one of the keys to success" says Sarah Irwin, managing director of the Independent Learning Centre NEWS CANADA

▶ Online education is more accessible than ever before.

SUCCESS STORY

Going the distance online

Yvette Sturge is a single parent from Oshawa Ont. She used to work as a human resources manager in the automotive industry, and spent her days counselling employees to complete their education and to reach for their goals. But at 47 years old, she had an ironic secret: Yvette had never earned her high school diploma.

But things changed when Yvette was laid-off and she was faced with trying to find work without a high school diploma. She wanted to stay in her chosen field, but that required getting the credentials that potential employers demanded. She knew that she needed her high school diploma.

After investigating the options available for adult learners, Yvette decided on distance education and enrolled with the Independent Learning Centre. To be successful, Yvette needed to find a flexible model that would allow her to be close to home, her kids, and to take care of other commitments in her life. Without scheduled classes to attend, Yvette was able to study when and where she wanted or could, year-round, and at her own pace. "Doing my courses through distance education was ideal as it allowed me an open schedule to take care of all my obligations."

NEWS CANADA

GEORGE BROWN COLLEGE School of Continuing Education

Professional Development Opportunities for Health Professionals

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- Health Promotion NEW
- Health Records
- Health Services Management
- Health Unit Clerk
- Medical Office Assistant
- Medical Office Reception
- Medical Practice Manager
- Medical Transcriptionist

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coned.georgebrown.ca/health

For more information, call 416-415-5000, ext. 2126, or e-mail cecommunity@georgebrown.ca.

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Plus many more courses to choose from. Register now!

humber.ca/continuingeducation

Distance education is evolving online

Courses include digital videos, interactive tutorials

Taking advantage of both technological advances and the accessibility of Internet access, distance education courses have evolved from a traditional correspondence model.

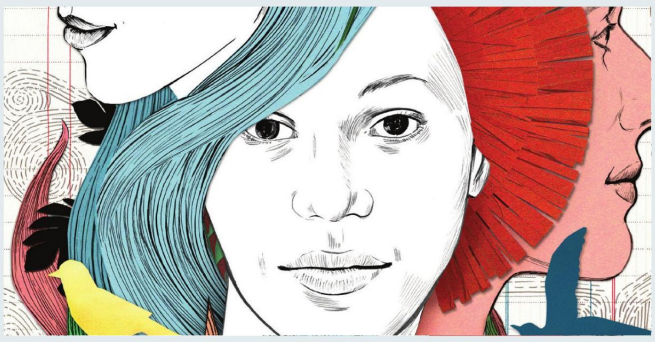
Today an independent student learns by interacting with dynamic courses that feature online resources ranging from math applets to media clips focused on real world examples.

▶ Students online are offered dynamic courses

"As studying at a distance becomes more and more readily available to career changers and busy adults looking to earn high school credits or to upgrade skills on their own time, it's important that courses are interesting and relevant," says Sarah Irwin, managing director of the Independent Learning Centre. "For example, learning the theory of a Grade 11 physics course (SPH 3U) by studying the design of athletic shoes design or how musical instruments generate sound waves."

Reaching far beyond textbooks and spreadsheets, modern instructional designers include various methodologies to engage students and support learning. A learner studying independently at a distance can now expect courses to include digital components such as videos and news clips, online discussion forums and interactive tutorials, creating a learning experience that entertains and engages while educating, earning credentials and meeting the expectations of the curriculum. **NEWS CANADA**

Rotman School of Management
UNIVERSITY OF TORONTO



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Woodbine Centre

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LINDSAY
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Whitney Town Centre

MAPLE
2810 Major Mackenzie Dr.

MARKHAM
7357 Woodbine Ave.
Market Village
Markville Shopping Centre
Pacific Mall

MILTON
377 Main St. E.

MISSISSAUGA
6965 Davand Dr.
980 Eglinton Ave. E.
Dixie Value Mall
Erin Mills Town Centre
Heartland Power Centre
Mississauga Chinese Centre
Sheridan Centre
Square One Shopping Centre
Square One Shopping Centre (kiosk)
Westgate SmartCentres

NEWMARKET
Upper Canada Mall

NORTH YORK
1635 Lawrence Ave. W.
170 Rimrock Rd.
Bayview Village
Centerpoint Mall
Crossroads Plaza
Empress Walk
Lawrence Square
North York Sheridan Mall
Sheppard Centre
Yorkgate Mall

OAKVILLE
Oakville Place
Winston Power Centre

ORANGEVILLE
114 Broadway Ave.

OSHAWA
Five Points Mall
Oshawa Centre

PICKERING
Pickering Town Centre

RICHMOND HILL
Hillcrest Mall
Richmond Heights Plaza
Time Square Shopping Centre

SCARBOROUGH
259 Morningside Ave.
Bridlewood Mall (kiosk)
Cedarbrae Mall (kiosk)
Eglinton Square
Malvern Town Centre
Parkway Mall
Scarborough Town Centre

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Brady Square
New Sudbury Centre
Southridge Mall

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2323 Yonge St.
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College Park
Dufferin Mall
East York Town Centre
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Eaton Centre II
Exchange Tower
Gerrard Square
Holt Renfrew Centre
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4 sports

Rogers Cup. The winner

▶ Caroline Wozniacki returns to Vera Zvonareva yesterday.

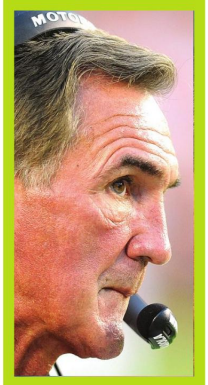
PAUL CHIASSON/THE CANADIAN PRESS

Back-to-back wins give Wozniacki her first Rogers Cup title

After two days of waiting out the rain, Caroline Wozniacki decided it was time to take care of business. With the semifinals and the final both held yesterday, the 20-year-old Dane dispatched Svetlana Kuznetsova 6-2, 6-3 in the semis. About two hours later, she downed another Russian, Vera Zvonareva, 6-3, 6-2 in the final to win the $2-million US Rogers Cup. "I did what I had to do," said Wozniacki, a first-time Rogers Cup champion.

THE CANADIAN PRESS

Quoted



"If you guys want to talk about football, we'll talk about football. But to keep on talking about things outside of football to me is completely ridiculous."

WASHINGTON REDSKINS COACH MIKE SHANAHAN DECLINES TO DISCUSS HIS MEETING WITH DISGRUNTLED NOSE TACKLE ALBERT HAYNESWORTH YESTERDAY.

"We're going to practise him as much as we can and get him ready to play. Hopefully, he doesn't miss any practices, and when he plays, he plays well"

SHANAHAN

Scan code for news

Tiger's marriage has run its course

Court grants divorce to golfer and his Swedish-born wife ◐ Couple will 'share parenting' of their children, but other terms not released ◐ Hearing was over in about 10 minutes

Tiger Woods and his Swedish-born wife officially divorced yesterday, nine months after his middle-of-the night car crash outside his home set off shocking revelations that the world's most famous athlete had been cheating on his wife.

"We are sad that our marriage is over and we wish each other the very best for the future," Woods and Elin Nordegren said in a joint statement released by their lawyers.

The divorce was granted in Bay County Circuit Court in Panama City, Fla., about 600 kilometres away from their Isleworth home outside Orlando. The couple had married in October 2004 in Barbados and have a three-year-old daughter, Sam, and a 19-month-old son, Charlie.

Terms of the divorce were not disclosed, except that they will "share parenting" of their two children.

The divorce was finalized by Bay County Circuit Judge Judy Pittman Biebel during a brief hearing in a conference room in her chambers, according to Biebel's judicial assistant Kim Gibson. The hearing was very brief, only about five or 10 minutes. Both Woods and Nordegren were present, along with their lawyers, Gibson said.

"I don't comment on active cases," Thomas J. Sasser, Woods' divorce lawyer, said. When asked why they chose to file in Panama City, Sasser said only it was a joint decision by the lawyers.

Woods' agent, Mark Steinberg, declined comment when asked if they had a pre-nuptial agreement or terms of the settlement. "We're not commenting beyond what was in the release," he said. THE ASSOCIATED PRESS

A single golfer

- Woods is to play this week at The Barclays.
- It will be his first tournament as a single man since he finished ninth in a World Golf Championship in Ireland in October 2004.

Will Damon agree to Boston reunion?

Johnny Damon is deciding whether to return to the Boston Red Sox.

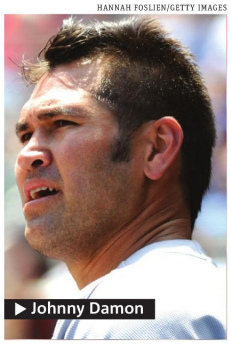
The Detroit Tigers outfielder has been claimed on waivers by Boston, and it's up to him if he wants to go.

Damon said before last night's game against Kansas City that it's one of the toughest decisions of his career. The 36-year-old Damon has a no-trade clause that allows him to block any move.

Damon was a hero in Boston in 2004 when he helped the Red Sox win the World Series.

THE ASSOCIATED PRESS

HANNAH FOSLIEN/GETTY IMAGES



▶ Johnny Damon

Nats put Strasburg back on disabled list

Rookie ace Stephen Strasburg of the Washington Nationals is headed back to the disabled list.

The team said he will have a second MRI on his arm in the next day or two.

Strasburg strained a tendon in his right forearm over the weekend, and Nationals manager Jim Riggleman said yesterday the team would "proceed with caution" with the prized pitcher.

The 22-year-old Strasburg was sidelined in late July because of inflammation in the back of his right shoulder.

THE ASSOCIATED PRESS

Yankees no match for Jose, Brandon

- Bautista hits two home runs, Morrow strikes out 12 as Jays win 3-2
- Escobar and Gaston tossed from game after arguing with umpire

BLUE JAYS	YANKEES
3	2

FRANK GUNN/THE CANADIAN PRESS

▶ Jose Bautista hits a home run last night in the third inning.

Jose Bautista hit two home runs and Brandon Morrow struck out 12 in six innings in a no-decision as the Toronto Blue Jays defeated the New York Yankees 3-2 last night.

Bautista's second home run of the game — and major-league leading 40th of the season — broke open a 2-2 tie. The homer came with one out in the eighth inning against David Robertson (2-4).

Bautista also hit a two-run homer in the third.

Reliever Scott Downs (5-5) picked up the win and Kevin Gregg earned his 28th save before 29,198 at Rogers Centre.

Bautista was also at centre stage during an altercation in the sixth inning that saw both benches empty.

Bautista had a pitch from rookie right-hander Ivan Nova whiz over his head. There was a warning from plate umpire Jerry Meals as Bautista gestured and started to walk toward the mound while Nova, making his first major-league start, extended his arms in innocence.

Order was restored quickly and Bautista hit a fly to centre on the next pitch.

Blue Jays shortstop Yunel Escobar and manager Cito Gaston were ejected in the fifth inning when Escobar argued balls and strikes.

Nova allowed six hits and two runs in 5⅓ innings. He was removed after Vernon Wells beat out an infield hit.

Neither starter was involved in the decision as Morrow allowed four hits and two runs in his six innings.

Morrow appeared to have the velocity back that was missing last Tuesday in Oakland when he allowed two earned runs in four innings in a no-decision. That was nine days after his one-hit, 17-strikeout win over the Tampa Bay Rays Aug. 8, when he lost a no-hitter with two out in the ninth. THE CANADIAN PRESS

Sports in brief

Sosa upset with Cubs

MLB. Retired slugger Sammy Sosa is upset with the Chicago Cubs for not retiring his No. 21 jersey, telling a magazine the organization doesn't care about him.

Sosa hit 545 homers over 13 seasons with the Cubs while becoming one of baseball's biggest stars.

Huge win for Man City

SOCCER. Manchester City recorded its biggest victory over Liverpool in 73 years, blanking the Reds 3-0 yesterday in the Premier League.

Marlins made healthy profit

MLB. The Florida Marlins made big profits with baseball's smallest player payroll in 2008-09, and team president David Samson says the income was needed to ensure being able to borrow money for a new ballpark. Team financial statements acquired by Deadspin.com show the Marlins netted $49 million US during the two seasons, with operating income of $37.8 million in 2008 and $11.1 million in 2009. THE ASSOCIATED PRESS

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Scoreboard

BASEBALL

AL EAST

	W	L	Pct	GB
NEW YORK	77	48	.616	-
TAMPA BAY	76	48	.613	0.5
BOSTON	72	54	.571	5.5
TORONTO	65	59	.524	11.5
BALTIMORE	44	81	.352	33

AL CENTRAL

	W	L	Pct	GB
MINNESOTA	72	52	.581	-
CHICAGO	67	57	.540	5
DETROIT	62	63	.496	10.5
KANSAS CITY	53	72	.424	19.5
CLEVELAND	50	74	.403	22

AL WEST

	W	L	Pct	GB
TEXAS	69	54	.561	-
LOS ANGELES	62	63	.496	8
OAKLAND	61	62	.496	8
SEATTLE	49	76	.392	21

Yesterday's AL results

Toronto 3 N.Y. Yankees 2
Boston 6 Seattle 3
Detroit 12 Kansas City 3
Minnesota at Texas
Tampa Bay at L.A. Angels

Today's AL games

Kansas City at Detroit, 7:05 p.m.
Oakland at Cleveland, 7:05 p.m.
N.Y. Yankees at Toronto, 7:07 p.m.
Seattle at Boston, 7:10 p.m.
Minnesota at Texas, 8:05 p.m.
Baltimore at Chicago, 8:10 p.m.
Tampa Bay at L.A. Angels, 10:05 p.m.

NL EAST

	W	L	Pct	GB
ATLANTA	73	51	.589	-
PHILADELPHIA	70	54	.565	3
FLORIDA	62	61	.504	10.5
NEW YORK	62	62	.500	11
WASHINGTON	53	72	.424	20.5

NL CENTRAL

	W	L	Pct	GB
CINCINNATI	72	52	.581	-
ST. LOUIS	68	54	.557	3
MILWAUKEE	59	65	.476	13
HOUSTON	55	69	.444	17
CHICAGO	52	74	.413	21
PITTSBURGH	41	84	.328	31.5

NL WEST

	W	L	Pct	GB
SAN DIEGO	74	49	.602	-
SAN FRANCISCO	69	56	.552	6
COLORADO	63	60	.512	11
LOS ANGELES	63	62	.504	12
ARIZONA	49	76	.392	26

Yesterday's NL results

Chicago Cubs 9 Washington 1
Houston 3 Philadelphia 2
St. Louis 10 Pittsburgh 2
Atlanta at Colorado
Cincinnati at San Francisco

Today's NL games

Chicago at Washington, 7:05 p.m.
Houston at Philadelphia, 7:05 p.m.
St. Louis at Pittsburgh, 7:05 p.m.
Florida at N.Y. Mets, 7:10 p.m.
L.A. Dodgers at Milwaukee, 8:10 p.m.
Atlanta at Colorado, 8:40 p.m.
Arizona at San Diego, 10:05 p.m.
Cincinnati at San Francisco, 10:15 p.m.

CFL

EAST DIVISION

	GP	W	L	T	PF	PA	Pt
MONTREAL	8	6	2	0	269	193	12
TORONTO	8	5	3	0	191	215	10
HAMILTON	8	4	4	0	201	215	8
WINNIPEG	8	2	6	0	224	244	4

WEST DIVISION

	GP	W	L	T	PF	PA	Pt
CALGARY	7	6	1	0	223	142	12
SASK.	7	5	2	0	235	196	10
EDMONTON	7	1	6	0	145	239	2
B.C.	7	1	6	0	135	179	2

Friday's game

Calgary at B.C., 10:30 p.m.

Saturday's game

Saskatchewan at Edmonton, 7 p.m.

TODAY IN SPORTS

Aug. 24

1904 - Holcombe Ward wins the men's singles title in the U.S. Lawn Tennis Association singles title.
1908 - Tommy Burns knocks out Bill Squires in the 13th round at Sydney, Australia, to retain the world heavyweight title.
1929 - Helen Wills wins her sixth U.S. Lawn Tennis Association singles title by defeating Helen Hull Jacobs.
1963 - Don Schollander becomes the first swimmer to break 2 minutes in the 200-meter freestyle with a 1:58.4 time in a meet at Osaka, Japan.
1988 - Minnesota North Stars forward Dino Ciccarelli is sentenced to one day in jail and fined $1,000 for hitting another player with his stick. Ciccarelli, who was given a match penalty and 10-game suspension by the league for the Jan. 6, 1988, attack on Toronto's Luke Richardson, is believed to be the first NHL player to receive a jail term for an on-ice attack of another player.

Toronto FC hoping to rebound in Panama

- Reds coming off their first home defeat in nearly two seasons
- Team travels to Central American country for CONCACAF match

TFC ARABE

Time: 8 p.m.
Channel: GOL TV

Life gets no easier for Toronto FC.

Fresh off their first home defeat in a season-and-a-half, a result that imperils the Reds' playoff chances, they travelled to Panama for tonight's match in CONCACAF Champions League against CD Arabe Unido.

"We don't have too much time to dwell on this," TFC captain Dwayne De Rosario said after Saturday's 4-1 loss to the New York Red Bulls that snapped a 17-game Major League Soccer home unbeaten streak at BMO Field. "Maybe that's a good thing."

Less than 24 hours later, they were on a long flight to Panama to face an Arabe Unido team accused of displaying dirty and shameful tactics in a 2-1 loss to Real Salt Lake to open the group stage last week.

"We've got to pick ourselves up," coach Preki Radosavljevic said after the loss to New York. "We don't have too much time to feel sorry for ourselves.

"We have to really get up for the next few games."

In addition to MLS travel and the game in Panama, TFC has Champions League matches in Salt Lake City and Mexico over the next month.

The Reds not only lost at home Saturday in MLS for the first time since a 2-1 setback against the L.A. Galaxy June 6, 2009; they also fell out of a playoff position with 10 games to go, a half-dozen of which are on the road.

TFC is now ninth in MLS and eight points behind New York for second in the Eastern Conference and the automatic playoff spot that goes with it.

The top two teams in each conference get post-season spots with the final four positions up for grabs among the other 12 sides in the league.

TFC will cap another busy week Saturday night at BMO Field by hosting Salt Lake, the defending MLS Cup champions, who are third overall in the 16-team league and unbeaten in their last six games in all competitions.

TORSTAR NEWS SERVICE

"By no means are we out of it. But we've definitely put ourselves in a little situation. It's not one that we can't get out of."
TFC'S DWAYNE DE ROSARIO ON THE REDS' PUSH FOR A FIRST PLAYOFF BERTH

ABELIMAGES/GETTY IMAGES FILE

▶ Toronto FC players Martin Saric, left, and Dwayne De Rosario celebrate a goal Saturday against New York.

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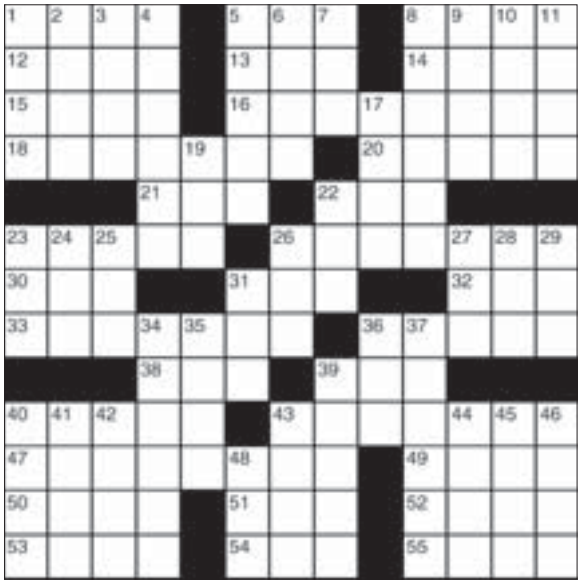
Crossword



Across

1 Small plateau
5 Jewel
8 Bivouac
12 Speedy steed
13 Fish eggs
14 Operatic solo
15 Traps
16 Big business
18 Brings about
20 Eyelid troubles
21 Carpet
22 Skinny fish
23 Digging tool
26 Alphabetized, maybe
30 Tease
31 "— Miniver"
32 Churchill gesture
33 Gary's home
36 Young Scot
38 Sgt., for instance
39 Family
40 Estate owner
43 Not alfresco
47 New member
49 "American —"
50 Scratches (out)
51 Affliction
52 PBS science show
53 Morse code symbol
54 Surprise cries
55 Deuce topper

Down

1 Christmas trio
2 Ms. Brockovich
3 Beach stuff
4 Ridiculous
5 "Peer Gynt" composer
6 Long periods
7 Club —
8 A man's home?
9 Bohemian
10 Muck and —
11 Picks up the check
17 Secondhand
19 Prompt
22 Type measures
23 Tackle moguls
24 ATM ID number
25 Toss in
26 Retirement plan acronym
27 Roman 16
28 Always, in verse
29 Lair
31 6 on a phone
34 Flood
35 Flexible, electrically
36 Amount offered
37 Consecrate with oil
39 The bee's —
40 Told a whopper
41 "Diana" singer Paul
42 Mid-month date
43 Architect — Ming Pei
44 Smell
45 Bush adviser Karl
46 Do in
48 Pair

▶ Yesterday's answer

Sudoku

	1	3	8	7				
	5				6	8	2	3
	8		9		3			7
	7	4				3		1
5				8				4
2		1				5	6	
3			1		4		8	
7	4	9	2				1	
				9	7	4	3	

How to play

Fill in the grid, so that every row, every column and every 3x3 box contains the digits 1-9. There is no math involved. You solve the puzzle with reasoning and logic.

Yesterday's answer ▶

5	4	1	6	9	8	7	3	2
7	2	8	5	3	4	9	1	6
6	3	9	7	1	2	4	8	5
3	1	7	8	6	9	2	5	4
2	9	4	3	7	5	8	6	1
8	6	5	4	2	1	3	7	9
4	8	2	1	5	3	6	9	7
1	7	3	9	4	6	5	2	8
9	5	6	2	8	7	1	4	3

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*To Diesel Fishback — my love, my best friend and my hearts companion. Wishing you a very special birthday this year! Loving you gets easier every day. *kiss* SRA*

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J.M. You've loved me for 9 years and have given me the best 2 years of my life. Wishing I only knew for the first 9 years but I'm looking forward to a life time. Love you truly madly deeply. My furry bear! **GAGUTZA.**

Happy 43rd Marky Q! May your birthday celebration be just as incredible as you are. I love you and can't wait to soon walk hand in hand with you, through our own private Cedar trail. **AMORE E BACI**

Today's horoscope

For today's crossword answers and for expanded horoscopes, go to metronews.ca

♈ Aries March 21-April 20 An assertive approach is a must today, even if you don't feel assertive at all. If others sense that you are having doubts they will try to exploit them.

♉ Taurus April 21-May 21 Someone will catch your eye today and you will do whatever it takes to get close to them. However, having got close you may then discover that the romantic spark is lacking, but maybe you can be friends.

♊ Gemini May 22-June 21 Everyone has problems but you seem to be under the impression that you have more than most other people. That simply isn't true. Today will highlight difficult issues, but by tomorrow they will have faded again.

♋ Cancer June 22-July 22 Travel and social plans will be disrupted today and there's not much you can do about it. The one thing you do have control over is how you choose to react to setbacks and delays.

♌ Leo July 23-Aug.23 Think carefully before committing yourself to anything of a financial nature over the next 24 hours. You may want to boost your earning power but you could lose as much as you gain. What's the hurry?.

♍ Virgo Aug. 24- Sept. 22 Life will seem more difficult than it really is, so stay calm and don't let your fears get the better of you. This is only a passing phase.

♎ Libra Sept. 23-Oct. 23 There is a strong possibility that you will have to rethink your plans today. On the work front especially what you want to do and what others want to do just won't go together.

♏ Scorpio Oct. 24-Nov. 22 You always speak the truth as you see it and what you have to say today may not be what others want to hear, so be ready for a backlash.

♐ Sagittarius Nov. 23-Dec. 21 You have been worrying about something you thought was important but the full moon will bring to light information that makes you realize it was of no importance at all. Don't stop smiling — humour cures so many ills.

♑ Capricorn Dec. 22-Jan. 20 There will be plenty in the way of gossip today, but not much in the way of factual information, so don't jump to conclusions and don't judge people on what others say about them.

♒ Aquarius Jan. 21-Feb. 18 Money matters and business issues figure prominently in your chart at the moment and today especially there is a danger you might take them a bit too seriously.

♓ Pisces Feb. 19-March 20 The full moon in your sign will bring out the emotional side of your nature — it's lurking there just below the surface. Cry, shout, scream – do whatever it takes to shift that emotional blockage. **SALLY BROMPTON**

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